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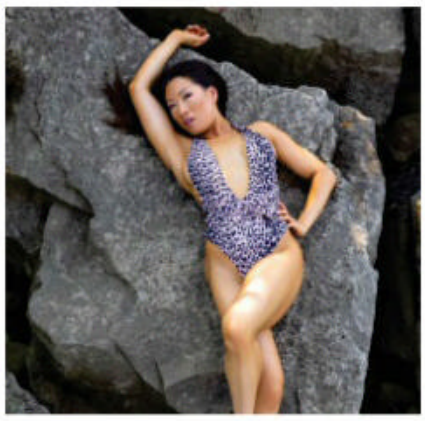

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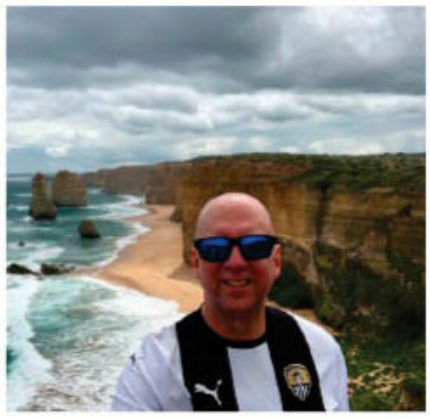

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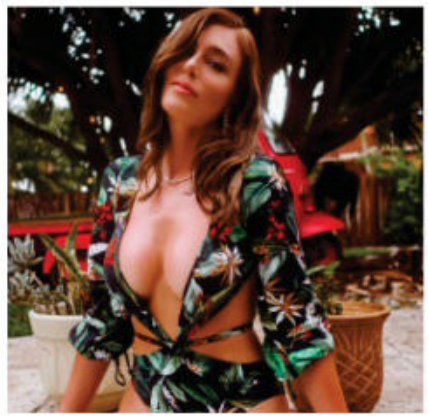

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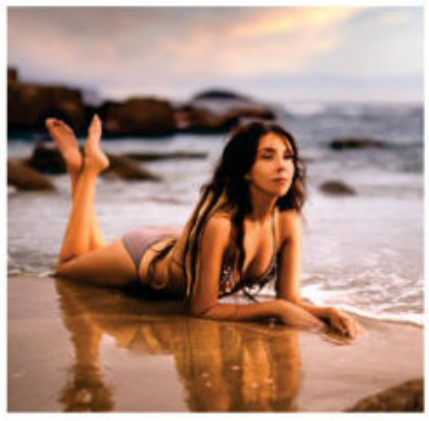

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I'M GONNA LIVE FOREVER...

"How close to immortality can we get?"

Who hasn't, at some time in their lives, contemplated immortality? Fiction is littered with such characters – Count Dracula, Dr Who, The Highlander, to name but a few – so I guess this question has fascinated many authors too. According to the peer reviewed 'Internet Encyclopaedia of Philosophy', "Immortality is the indefinite continuation of a person's existence, even after death." This definition is wide enough to embrace 'afterlife' too – the existence of the consciousness or spirit of the departed. Personally, if I could achieve immortality I would prefer not to roam the landscape as a ghost putting the willies up people or uttering a creepy commentary during a séance like the reported case of Erik Medhus. According to Richard Martini, author of 'Architecture of the Afterlife', after committing suicide Erik called his mum, a physician in Houston, on her mobile and said, "Hi mom, I'm okay." But returning with haste to the title, taken from the classic 1980s hit by Irene Cara, can we live forever or, at the very least, significantly extend our lifespans?

Several reliable data streams conclude that the average life expectancy in the United Kingdom is a tad over eighty-one. In the United States it's seventy-eight, whilst down under, the average Aussie will hear the words 'Happy birthday' for the last time on their eighty-third anniversary. With that number of candles on a cake no wonder bush fires are frequent! However, there may be a real

opportunity to drastically dodge the coffin for much longer, due to an approach to life that isn't totally out of the blue.

According to eminent researchers across the globe, Blue Zone living will add around an extra decade to your life. Blue Zone living? Exactly what the heck is this, and how do I put myself on the waiting list? I need at least another ten years or so to be added to the end of my current projected lifespan, if only to make sense of what is currently happening in the UK and to witness Notts County back in the English Football League. I required an expert steer and was prepared to pay for the privilege. As I got the first round of drinks in (and two packets of crisps) I sat socially distanced opposite Kiran Meka, a PhD student from the University of Southampton. He is working on a specialist project with other health and academic professionals to build an economic case post COVID-19 for Governments across the G20 to invest within the disciplines of maternal, new-born and child health. As the global community negotiates the ravages of the pandemic health data has been plentiful, and the ever-smiling Kiran was eager to answer my questions.

What does your research engage with and how has COVID-19 shaped your thinking?

"There are two facets of my research. Firstly, how can the UK adopt principles based on the Blue Zone ethos, that provide sustainable solutions for lifestyle diseases, especially diabetes. And secondly, to critically analyse the current diabetes prevention programme."

Having reversed type 2 diabetes this opening pitch resonated strongly with me. I was also acutely sensitive to the rhetoric that accompanied many COVID-19 related deaths. Underlying health issues often related to obesity. Diabetes appeared to be the smoking gun.

Kiran added, "COVID 19 has realigned and reinvigorated my way of thinking. Basically, it has opened up the possibilities to think differently and question the existing solutions that are being promoted by public health policy."

I sipped my drink and reflected upon the double-digit daily tablets I had once been prescribed when I was first diagnosed with diabetes. Could public health policy better be described as "public pill policy"? And how much were Big Pharma making out of this opportunity? I figured that the manufacturers of processed food, high in sugar and salt, had colluded to create a perfect diabetic deluge. Crunching on my salt and vinegar crisps I decided to leave the conspiracy theories for another day.

What are Blue Zones?

Kiran, still to touch his drink – or crisps for that matter – provided some much-needed context, "Blue Zones is a term coined by eminent researchers to describe areas across the globe where people have exceptional longevity." Pausing for a moment to take his first sip of alcohol, he added, "These areas have the highest proportion of centenarians (living for 100 years or more) and do not suffer from lifestyle diseases that affect the modern world."

I was aware of the contradiction in his last sentence since why would any self-respecting developed nation have such poor public policies, allowing lifestyle diseases to be so destructive? I now realised why Kiran was so excited about the research.

Where do they exist?

Expecting to hear a list of territories that I never knew existed, where the inhabitants were at least several light years away from the nearest pizza parlour or burger bar I was somewhat surprised by Kiran's reply. "There are five areas. Okinawa (Japan), Ikaria (Greece), Sardinia (Italy), Nicoya (Costa Rica), and Loma Linda (California, USA)."

What human behaviours exist within Blue Zones that increase longevity?

Having changed my own behaviour to kick type 2 diabetes into touch, I knew that adopting some minor changes with rigorous consistency (e.g., by reducing my intake of sugar by simply reading the packaging) had led to the most remarkable and positive changes to my own health. In the not-too-distant past walking upstairs would have been an effort, but now a 5K run is commonplace and I can still regain my posture pretty quickly when I finish. Not to men-

tion feeling far more energetic, enthusiastic, and erotic!

"The behaviours seem to be pretty much common across all of the zones even though they are separated by thousands of miles. Generally speaking, they tend to sleep for seven and a half hours or more, dine with family and friends and are active throughout the waking hours."

It all sounded like the 1970's family drama "The Waltons" and to be totally honest I still fancy Mary Ellen. Although Nellie Oleson from "Little House on the Prairie" is still the subject of some of my weirder fantasies. Time to drink and listen some more.

"It is a way of life. None of them go to any gyms, they pay attention to their spiritual side, eat healthy food – loads of vegetables, greens, beans, fruits, and wholegrains – and consume minimal animal protein." Eating a handful of crisps he added, "They stop eating when they are eighty percent full, are community spirited, and last but not least, they drink a few cups of black coffee without milk and sugar."

No gyms! This sounded my type of utopia! How easy was it to become a naturalised Costa Rican, and how much were properties going for in Nicoya?

Can Blue Zones be created anywhere?

As Kiran devoured his packet of crisps, I recalled my own dramatic weight loss journey. The conclusion I had reached was that food should not be demonised. Rather, the quantities and the ingredients (often hidden to a casual glance) were the key red flags. He continued, "They can be created everywhere provided there is an appetite for change from communities, local government and businesses. We simply cannot go on with old way of thinking, that the NHS will manage the chronic diseases that are currently rampant."

I interjected and wondered if what we were presently doing (talking rather than just drinking beer and eating crisps) should be more widely encouraged? Putting my phone down earlier in the conversation after checking in at the pub, I wondered if social media also has a part to play in reinforcing the positive health messages rather than reading if Dave is in another relationship? He agreed.

"We need to have an open and honest discussion about the lifestyle choices we are making and tackle the root causes of the problems. COVID-19 clearly shows that people with underlying health conditions have suffered worse health outcomes. So, post pandemic, we simply cannot go back to the old ways. We need to learn lessons holistically and apply the principles in a multidisciplinary approach."

Holistically? Was that a town proximate to Walton's Mountain? Or was he talking about the medical principle of treating a person as a whole, and taking into consideration structural and social factors as well, rather than just the symptoms? I had once been a serial pill-popper, but my success was down to changing my circumstances and hitherto inherent behaviour. Holistic thinking had the potential to change personal health and wellbeing.

As if by magic Kiran picked up on this subliminal thought pattern. "That change begins with you. There is a spiritual message that can be found in ancient scriptures across religions – "Tell me your friends, I shall tell you who you are". We need to get good friends around us. Healthy behaviour tends to motivate and provide support when you are down. On the other hand, if you have a circle of friends who eat junk foods and drink alcohol, you tend to follow that path too." Grabbing the attention of the bar staff to order another round Kiran concluded, "That is what people in Blue Zones have – good community, supporting each other with good values. It is not rocket science. The solution to chronic diseases is nutrition. If you fix that, then all communities start to change."

Should we be drinking alcohol and eating crisps?

The killer question hung in the air for a brief moment until Kiran broke the ice. "In fact, people in Blue Zones tend to consume red wine on a regular basis but I have to stress it is in moderation. Eating crisps occasionally is not an issue as such, but the frequency of it has an impact and alters certain behaviour patterns." I was keen for a simple illustration and Kiran delivered.

"Let me give you a broad example. The ideal goal of positive and sustainable change happens one step at a time. If someone eats processed food, drinks alcohol, and eats meat regularly the research has already shown it has negative health outcomes. Research has shown it takes approximately twenty-one days to alter the chemical communication between gut and brain, therefore a change in behaviour for twenty-one days can have a significant impact on our health going forward. The change becomes a habit and behaviours, and taste buds alter. It is the applied effort in the right direction that will impact the individual's health, family, community, etc."

As we finished our drinks, I looked around the pub beer garden. All shapes and sizes but to be fair most were carrying additional timber. Some were like log cabins. All of us had been motivated to come to the pub. I had been motivated to lose three stone in twelve weeks some years back and kept it off, thereby dramatically changing my life. Twenty-one days? Blimey it often took that long to say goodnight in the Walton household!

What is stopping you?

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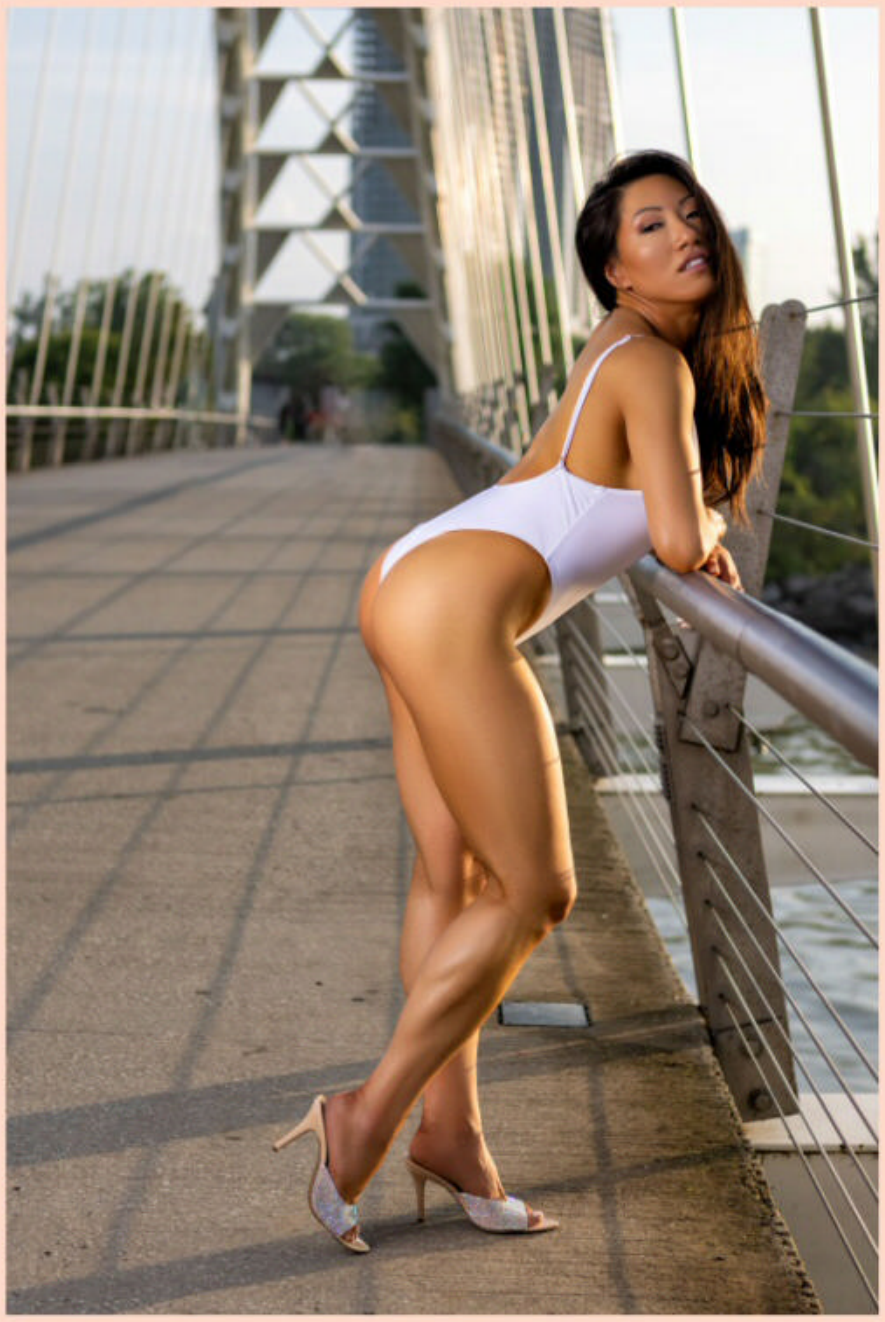
ADRIENNE NA

Model | @fitadrienne

Photographer Chris V Linton | @ChrisVLinton
MUA Cherry Dolls Beauty | @cherrydollsbeauty



Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? It's been amazing I'm thoroughly enjoying the process of becoming a better version of myself every day.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Being consistent. Consistency is what transforms average into excellence.

Top 3 best moments of your career? When I won the overall at the CPA Bikini competition. I also made it to Inside Fitness Magazine Hot & Fit 100. I have to say when one of my transformation clients gave up on the idea of ending her life and started her fitness journey, became healthier and more confident that was a highlight for me!

What is your favourite chill time activity? Sitting or lying down on my couch and watching a movie based on true story or anything from Neflix which can make me laugh.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Anything involves great food and dessert. No drink for me I'm a foodie.

What are, hands down, your absolute favourite things to do? I love travelling and exploring different culture, food, places, meeting local people.

3 ultimate deal breakers when it comes to men? His words don't match with his actions. Being lazy or having no goals, ambition aka not passionate about anything. Not living a healthy life – no workout, drinks every weekend, not taking care of his body and health.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I would be going back to school to become a plastic surgeon.

Where would you say is your favourite place to be in the world and why? Okinawa Island in Japan. People are so polite, friendly and their food is just amazing always fresh.

What is currently playing on loop on your playlist? Definitely Drake! I love his new album.

Where can our readers catch up with you and stay updated with your work? I'm mostly active on Instagram @fitadrienne We are so happy to have gotten to know you a little bit! Any last words out there for our readers? You only live once enjoy every moment! #YOLO

CHRISTY *Toms*

Model | @hotbod_christy

Photographer Chris V Linton | @ChrisVLinton
MUA Genny Rovito | @gennydoesmakeup

Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? One quote I have always loved was "a bombshell doesn't leave a scene, she creates it"-that's me.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? I'm driven by my desire to learn new things. I feel like this allows me to grow and stay on top constantly always. With the world around us changing so quickly, it's important to act fast.

Top 3 best moments of your career? Opening my first fitness studio, earning pro status as a fitness competitor, and completing over 6 years of post-secondary education courses.

What is your favourite chill time activity? I hate to give the most common answer but Netflix, couch and wine.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Night out in the city which would start with dinner at a little pub, a country concert, followed by a late-night stroll!

What are, hands down, your absolute favourite things to do? Boating, baseball games, traveling.

3 ultimate deal breakers when it comes to men? They are not polite to others, if they smoke and if they don't like to exercise and take care of themselves.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? move somewhere tropical for the rest of my life
Where would you say is your favourite place to be in the world and why? anywhere with a beach and hot weather is good for me!

What is currently playing on loop on your playlist? Lots of Blake Shelton!

Where can our readers catch up with you and stay updated with your work? I am mainly active on Instagram @hotbod_christy

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? To adapt in our ever-changing world, you must move forward and understand change is inevitable and beautiful. Embrace it and you will be successful!

Jasmine Bella

Model | @jasmine___bella

Photographer Chris V Linton | @ChrisVLinton
MUA Alyson Elisabeth | @alysonelisabethmua

Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? It has been an amazing journey so far. I started off 3 years ago with a simple boudoir shoot I received as a gift, and now I am being featured in FHM!

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? I am constantly taking courses for my professional growth. I continue to train to maintain my fitness goals and promote a healthy lifestyle.

Top 3 best moments of your career? Completing my Master's Degree in Nursing with honours, being published in a magazine, to give back to the nursing profession by educating new nurses and helping them grow!

What is your favourite chill time activity? Cuddling with my 3 dogs and watching Netflix.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Going on a wine tour and then having dinner at a restaurant that I have not been to before. Sitting on a patio and having a nice drink and great conversation.

What are, hands down, your absolute favourite things to do? Train with my trainers, walking my dogs, and paddle boarding.

3 ultimate deal breakers when it comes to men? Facial Hair ,dishonesty, and being poorly dressed.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? Lapping the Nürburgring in a Porsche GT3!

Where would you say is your favourite place to be in the world and why? The Amalfi Coast in Italy because of it's stunning beauty and culture.

What is currently playing on loop on your playlist? Ariana Grande Essentials.

Where can our readers catch up with you and stay updated with your work? Check out my Instagram @jasmine___bella

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Always follow your dreams, and live life to the fullest. "Beauty without intelligence is just decoration"

Rebecca KNOLL

Model | @rebecca_knoll

Photographer Chris V Linton | @ChrisVLinton

FHM

Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? Pure confidence builder! Body goals keep me focused.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Winning!!! I love competition and the women camaraderie behind the scenes. It's a high! I'm blown away that it's being documented.

Top 3 best moments of your career? 1. Becoming eligible to compete as a pro in the UFE fitness shows 2. Being featured in this Magazine 3. The first moment my heel stepped onto the stage in my first show. It was such a fantastic moment.

What is your favourite chill time activity? Snuggling my cane Corso.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? We ride our motorcycles (I'm on my own obviously - I don't ride at the back) then we ride to a restaurant where we just eat meat. (I love the idea of being vegan but I salivate for meat. The next day you come and pick me up for church cause I'm not just "giving it out "over here... I'm a lot of work.

What are, hands down, your absolute favourite things to do? Being at the gym with my trainer: Carol Reid. She's had a wonderfully positive impact on my life. I love coming out of the gym - sweaty and disgusting knowing I've given it all I can.

3 ultimate deal breakers when it comes to men? Beatings, cheating and drugs.

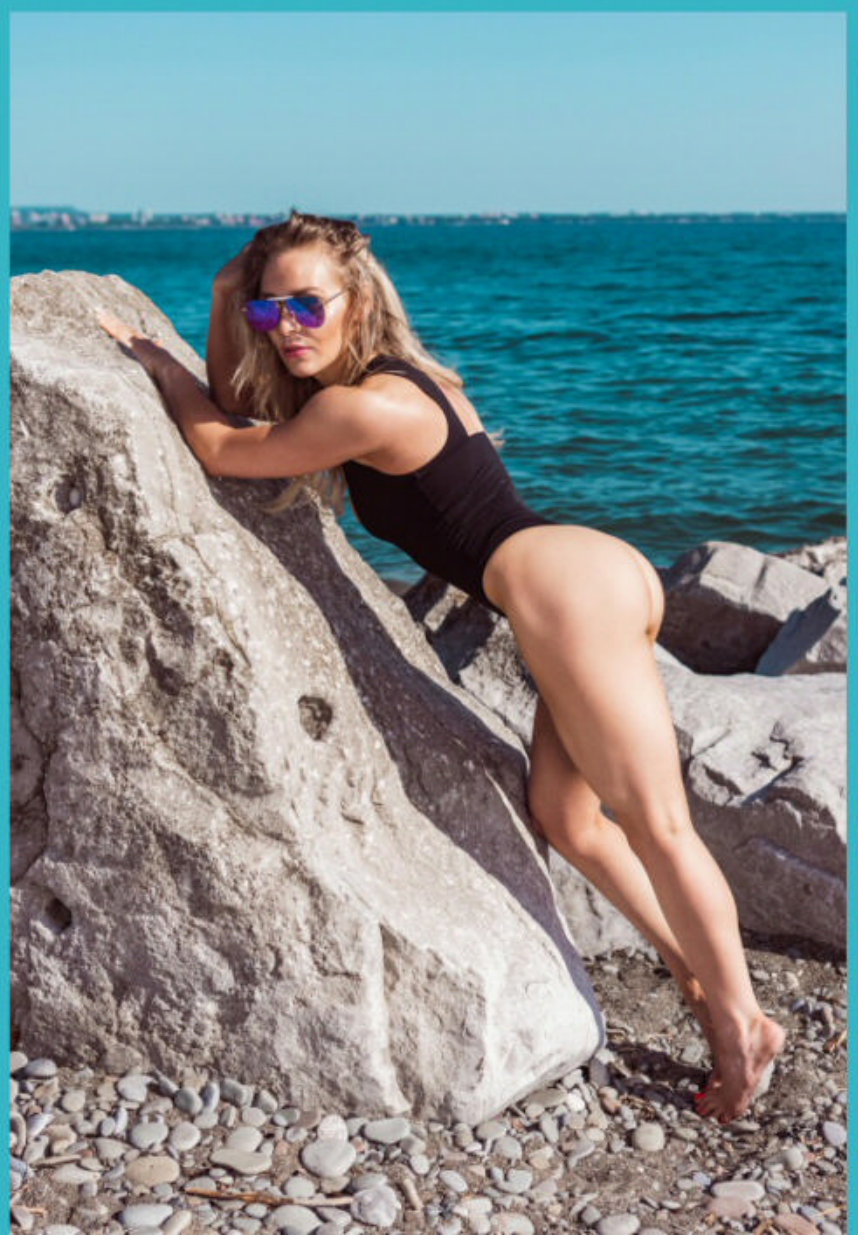
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I'm going to Dubai and doing the hawk recall. Apparently they go hunt for you and bring back the prey. Then going sandboarding, night markets, belly dancers, then a layover in Greece on the way home for a photo shoot above the beautiful white buildings.

Where would you say is your favourite place to be in the world and why? Iceland. It has the right amount of commercialization. The waterfalls are to die for, I feel so free there.

What is currently playing on loop on your playlist? Pretty Reckless.

Where can our readers catch up with you and stay updated with your work? Check out my Instagram @rebecca_knoll
We are so happy to have gotten to know you a little bit!

Any last words out there for our readers? Show up every day even when you don't feel like it.



VICTORIA BUDD

Model | @Vtbudd

Photographer Chris V Linton | @ChrisVLinton
MUA Alyson Elisabeth | @alysonelisabethmua
Sailboat by Gone Sailing Adventures | @gosailto

Such an absolute honour to have you on feature FHM! What has your journey as a certified bombshell been like so far? My journey to becoming a certified bombshell has had its ups and downs! it isn't easy getting up and hitting the gym when everyone else is sleeping... then add a pandemic and having a baby to the mix and I'm sure you get a better idea of the struggles and sacrifices I've made to get to where I am today! In the end it's all worth it and I would never have changed a thing

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? My son is my new motivation to stay on top of my game! I believe that everyone should have goals in life and you have to put the work in to achieve those goals. I want him to not only see the dedication, determination, and grit it takes to achieve those goals but to also see the rewards and results that accompany those goals. I also want him to see that you need to constantly work on your own health, physically and mentally.

Top 3 best moments of your career? I have had so many amazing moments throughout my career, but if I had to narrow it down to 3... the first would be making the decision to work on myself and become a massage therapist! it felt absolutely liberating to finally put myself first so I start doing what I feel I am meant to do and that's helping people live their healthiest life! The second best moment was my first time Stepping foot on a stage to compete as a bikini and fitness competitor. the real moment was placing 1st in all four categories I had entered!!!the third best moment in my career was December of 2019, when I was told I was one of Canada's top 100 hot and fit. I was in absolute shock! I had no idea I even had a chance at the title! It definitely lit a fire inside me to keep doing what I'm doing so I can keep inspiring others to live a healthy lifestyle.

What is your favourite chill time activity? When I get the chance to kick back and relax, which is very rare when you have a young child at home, you can find me "meditating" lol, it really is intentional meditation, but it usually ends up with me falling asleep. But seriously at the end of the day I like to unwind with a soak in my hot tub before bed.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Oooo... The most ultimate date would depend on the season!! my ultimate fall date would start by being whisked away by helicopter or plane to a remote cabin in Northern Ontario where a beautiful picnic lunch and a couple horses await. Lunch would be followed by an afternoon horse ride through the country side and hike through the serene forests of the north where we ask deep questions to really get to know each other. we'd end up back at our cosy cabin where we'd drink wine and listen to music while cooking dinner together. we eat dinner outside overlooking a breath-taking view of the sunsetting over the water. Then when the sun goes down we start a fire and wait for the stars to make their appearance in the majestic sky while you Serenade me with your guitar, this wouldn't be a first date.

What are, hands down, your absolute favourite things to do? Most of my hands down favorite things to do pretty much involve anything I get to do with my husband and/or son ;)but to pick 3... traveling to New places, being outdoors (snowboarding, mountain biking, paddle boarding, hiking...) and going to football games, Oskee Wee Wee!!

3 ultimate deal breakers when it comes to men? 100% deal breaker...cigarette smokers. Next would be not taking care of yourself physically and/or mentally and third would be not having your own transportation.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? Hang gliding!!!!! I would become certified in a heart beat if I had the opportunity again! I was hours away from being certified just before I started school to become a massage therapist and unfortunately my priority was to focus on school so I had to give up the amazing adventure of becoming one of few women hang gliders! If you like heights and have never done it yourself you HAVE to go on a tandem ride, preferable a sunset/ sunrise trip! The feeling of soaring high above the ground, the peacefulness, the rush of fresh air... there is no other feeling that can compare.

Where would you say is your favourite place to be in the world and why? Besides wherever my husband and son are... I've travelled to a few beautiful places and there are MANY more to see on this amazing planet, but I'd have to say my most favorite place, so far, is Costa Rica! CR has some of the nicest and kindest people I've had the pleasure of being in the company of and the land is truly astonishing! you can literally drive from the bustling city of San Jose to mountains and/or rain forests to black sand beaches in a day!

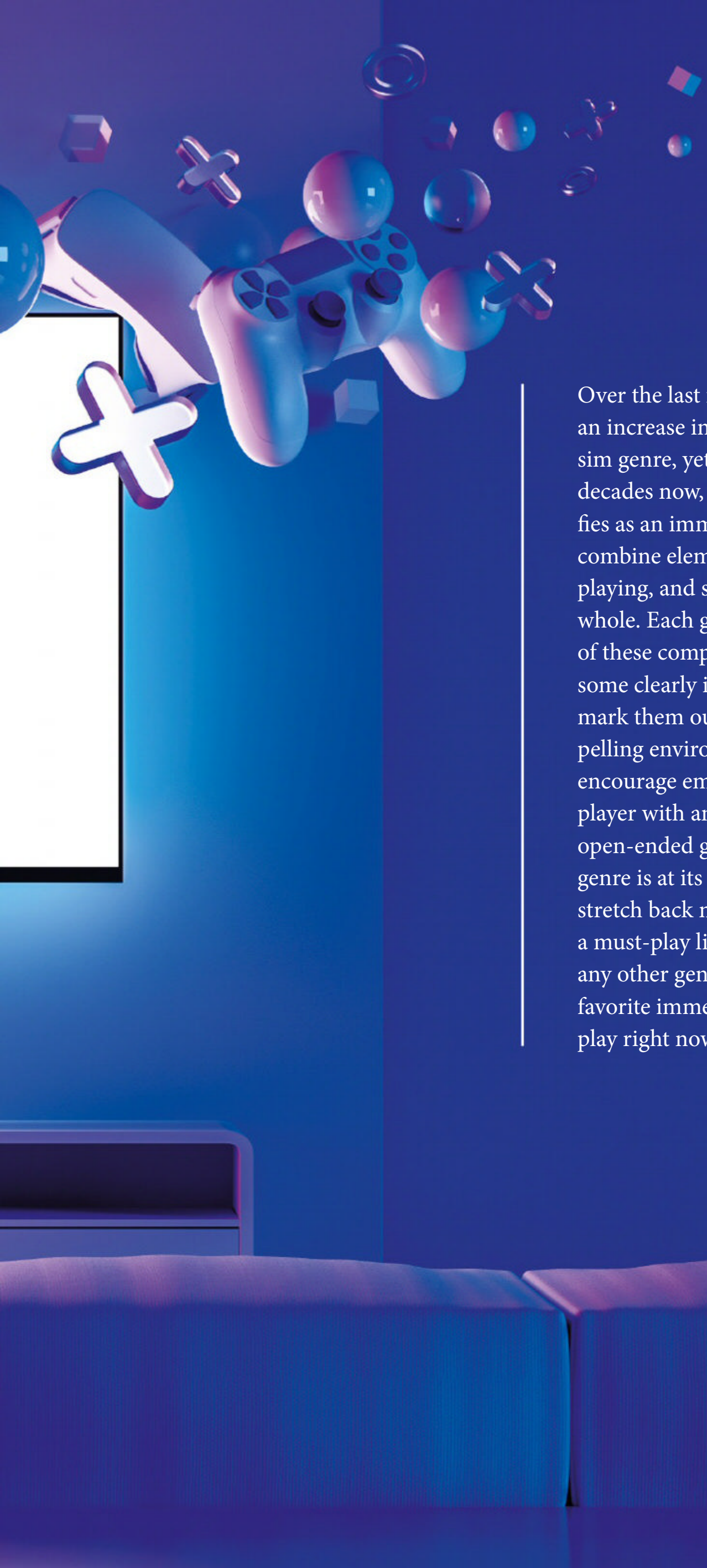
What is currently playing on loop on your playlist? lol... Sharon, Louise and Bram! hahaha! it's actually the only music I have on loop when I get to listen to music, what I choose totally depends on my mood or on what I'm doing. I can go from listening to Metallica at the gym one day to Justin Bieber the next, or John Prine while cleaning one day and the next is P!nk

Where can our readers catch up with you and stay updated with your work? I'm still working on the social media side of my life since having a baby in December. It is something I've been wanting to incorporate but right now I've mostly been taking care of my boy, who is a very busy lil man so I don't have time for much else right now! We are all getting into a better routine so I might actually have more time to post again! You can find me on Instagram @ Vtbudd

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? first want to thank YOU so much for giving me the honour of gracing the pages of FHM! it has been an amazing journey this far and I'm very excited to see what the future has to offer! Live life to its fullest, but to truly enjoy it to its fullest you have to be healthy enough!80/20... you don't have to be perfect!! everyone starts somewhere, challenge yourself ;)I wish you all good health and fortune thank you for taking the time to read this interview.

BEST IMMERSIVE SIMS

You must play today!



Over the last few years, we have seen an increase in interest in the immersive sim genre, yet it has been around for decades now, but what exactly qualifies as an immersive sim? These games combine elements of action, role-playing, and stealth into one seamless whole. Each game varies the emphasis of these components, but there are some clearly identifiable qualities that mark them out. They prioritize compelling environment design and they encourage emergent play, providing the player with an array of tools to pursue open-ended goals. Even though the genre is at its most popular, the origins stretch back many decades and has a must-play list of games that rivals any other genre. Here are some of our favorite immersive sim games you can play right now.

System Shock 2

The original System Shock game was a really good game, but it was the sequel that truly set the standard for immersive sims as we know it today. Co-developed by Looking Glass Studios and Ken Levine's Irrational Games, System Shock 2 was a sci-fi horror with arguably the greatest villain ever seen in video games. You awake from the cold chill of your cryo-tube to discover cybernetic implants grafted to your flesh and the crew of the starship Von Braun slaughtered. The infected roam the halls, their screams and moans beckoning you to join them as the rogue artificial intelligence known as SHODAN taunts and ridicules your feeble attempt to unravel the horrifying mystery of the derelict starship Von Braun. At its heart System Shock 2 was a complex role-playing game, with deep and involved systems that allowed the player immense freedom to explore the Von Braun as they saw fit. Wrap those complex systems with a claustrophobic atmosphere and a taunting villain and you are looking at one of the best immersive sims ever created. Although in 2021, the game can be quite clunky compared to modern games, it's still worth it to see where it all started.

Deus Ex

Considered by many as the greatest immersive sim ever created, Deus Ex was a technical marvel when it was first released in 2000. Never before has a player been given such freedom to approach a level. At the time it felt like you could do anything. The year is 2052 and the world is a dangerous and chaotic place. Terrorists operate openly - killing thousands; drugs, disease and pollution kill even more. The world's economies are close to collapse and the gap between the insanely wealthy and the desperately poor grows ever wider. Worst of all, an age-old conspiracy bent on world domination has decided that the time is right to emerge from the shadows and take control. As JC Denton, it is up to you to save the world from the evil that lurks in the shadows. And how you choose to do it is up to you, become a cybernetic ninja that kills from the shadows or become a weapons war machine or buff up your negotiations skills and talk your way to victory. The choice is completely up to you. This is what sets Deus Ex apart from anything that's come before, the incredible freedom to play the way you like it. 21 years later Deus Ex is still considered one of the greatest games ever created, and for good reason. But much like System Shock 2, the game has not aged well by 2021 standards, although the modding community still works hard on the game, so a few mods might be required to play this to its full potential.

Vampire: the Masquerade - Bloodlines

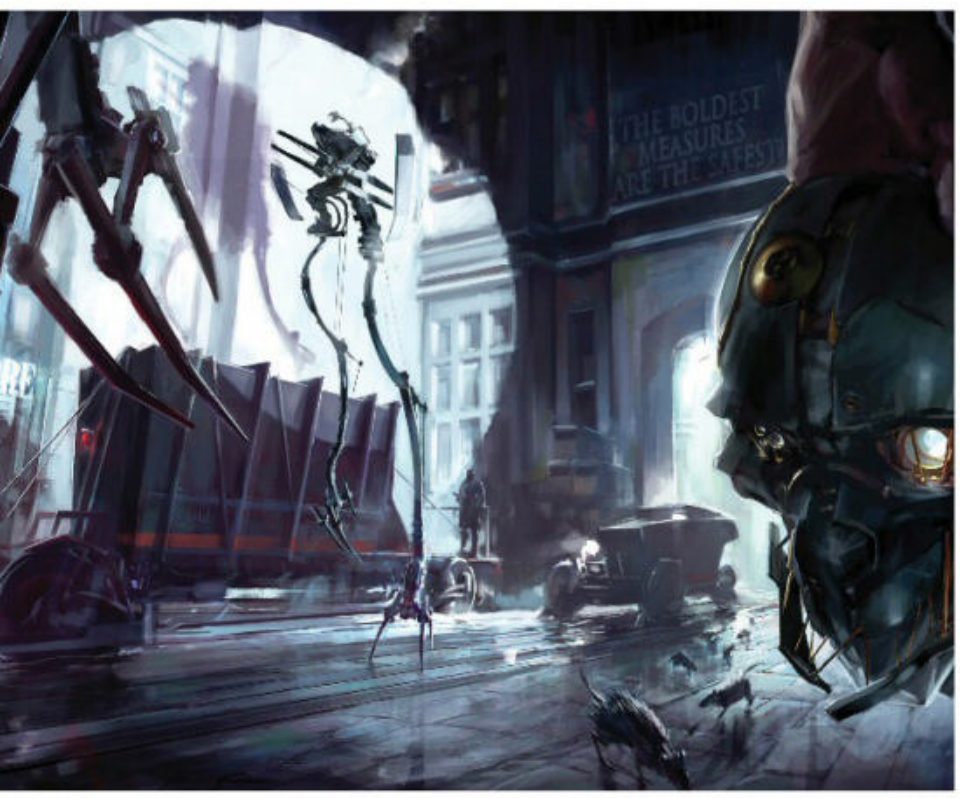
On paper, Bloodlines is one of the greatest immersive sims ever created, with its incredible freedom, complex RPG systems and wonderful quests. Sadly the developers ran out of time and money and were never able to deliver the polish the game so desperately deserves. Out of the box, it's a broken mess, with clunky combat and bugs galore. So why recommend it? Even in its broken state Bloodlines is still one of the most engrossing games ever created, a game that to this day delivers an experience like no other. The game plunges players into the dark and gritty vampire underworld of modern-day L.A. as a creature of the night. Players will develop their character's powers, interact with other characters and embark on story-driven quests as they battle mortals and other vampires with an incredible array of vampire powers and weapons. You can play as a True Blood-esque Toreador vampire, using your powers of persuasion or seduction to your advantage, or a grotesque Nosferatu who's prohibited from being seen by regular humans, and must use Los Angeles' sewers and the ability to turn invisible to protect the vampires' secret society. Bloodlines has become a cult favorite and is still being patched by fans to improve the experience. If you do intend to give this game a go, be warned you will need to install a load of fan-made patches to get it into a playable form, but once you get into the wonderful world of Bloodlines, you will never want to leave again.

Bioshock

When it was first announced, gamers all over the world rejoiced as it was the return of Ken Levine and Irrational Studios, the studio that co-developed the wonderful System Shock 2. The hype was sky high and quite a few critics were skeptical that Bioshock could live up to the hype. However, Bioshock exceeded all the hype and delivered one of the smartest first-person shooters to date. Set in the underwater city of Rapture, a city where the cream of American ingenuity held back the tide and lived in utopian bliss. Of course, it all goes horribly wrong and it's up to the player to figure out what went wrong and discover the dark secrets of Rapture. Players had access to a complete arsenal from simple revolvers to grenade launchers and chemical throwers, as well as Injectable plasmids that gave you superhuman powers: blast electrical currents into water to electrocute multiple enemies, or freeze them solid and obliterate them with the swing of a wrench. Bioshock was a game unlike any other and set the standard for smart shooters going forward. The game might best be known for its twist ending and the wonderful world of Rapture, but Bioshock will always be remembered as a genre-defining immersive sim that holds up to this day.

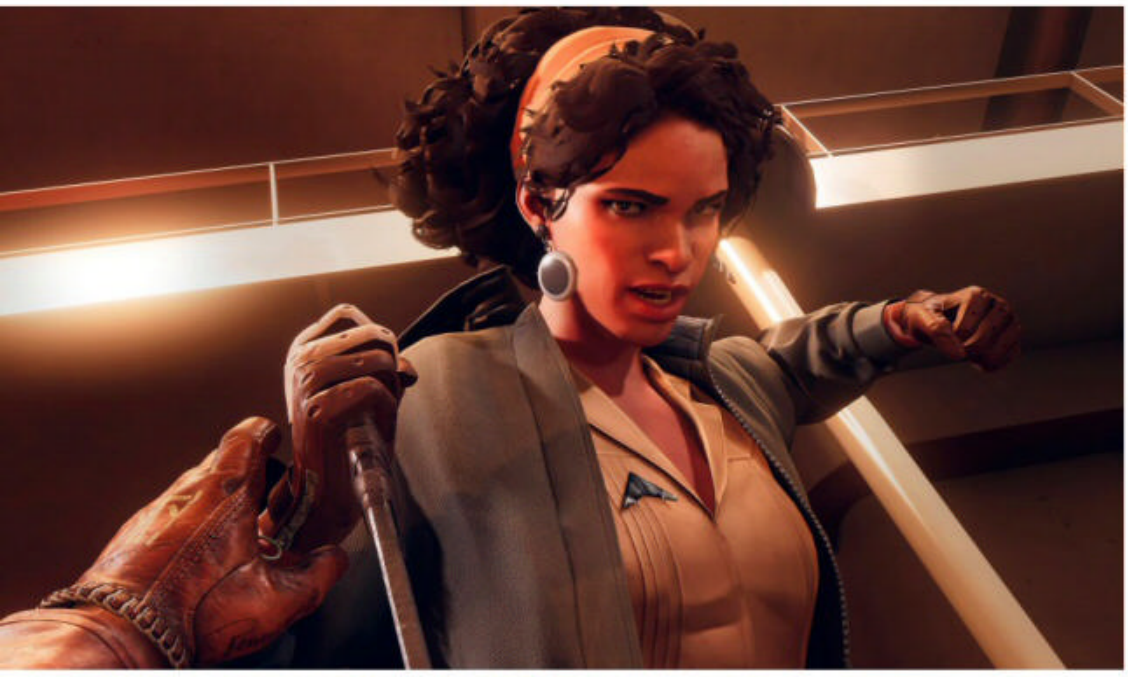
S.T.A.L.K.E.R: Call of Pripyat

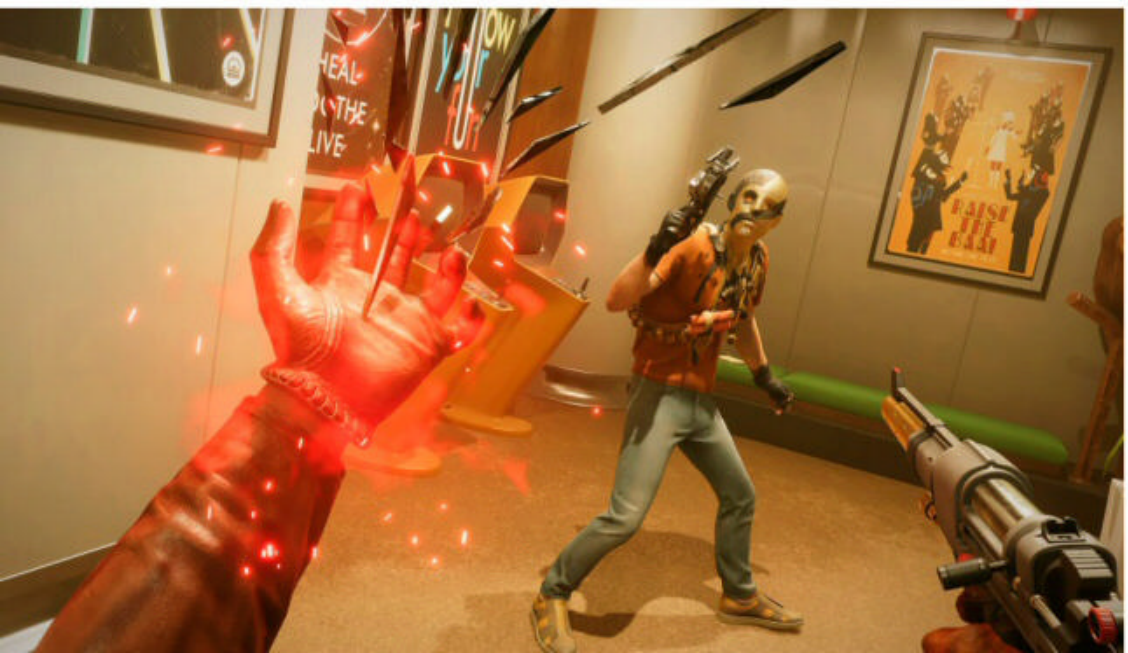
The ultimate goal for any immersive sim is to create a cohesive and believable world, with smart NPC's and complex interactions that result in an unscripted, unpredictable world. Very few get all of them right, but Call of Pripyat, in many gamers eyes, is the one that comes closest to fulfilling that immersive sim dream. Call of Pripyat takes players once again into the vicinity of the Chernobyl nuclear reactor that exploded in 1986. This so-called "Zone" is a highly contaminated area cordoned off by the military and now is combed through by the so-called stalkers, modern fortune hunters, in search of unique artifacts. In the role of Agent Alexander Degtyarev, who is dressed up as a stalker, the player has to investigate the mysterious disappearance of five military helicopters and thereby stand one's ground against the various stalker groups. It captures the haunting surroundings of Chernobyl perfectly, with a constant dread-filled suspense very few games are able to pull off. It's not an easy game by any means, and you will find yourself constantly struggling just staying alive, yet that's what makes Call of Pripyat such a wonderful and tense experience. And with the announcement of an official sequel coming in 2022, now is the perfect time to jump back in and explore the shattered surrounds of Chernobyl.



Dishonored

When Arkane Studios first announced Dishonored, people were excited by the promise of a modern immersive sim that would take inspiration from games like Thief and Deus Ex and combine it into one slick package. And those people were not disappointed. Dishonored was the perfect immersive sim, a first-person action game that casts you as a supernatural assassin driven by revenge. With Dishonored's flexible combat system, creatively eliminate your targets as you combine the supernatural abilities, weapons and unusual gadgets at your disposal. Pursue your enemies under the cover of darkness or ruthlessly attack them head-on with weapons drawn. The outcome of each mission plays out based on the choices you make. Each level was a complex maze that allowed players immense freedom to complete each assassition as they saw fit, from sneaking in the shadows to going all guns blazing, each option felt unique. Dishonored also featured some of the best missions ever seen in an immersive sim, from infiltrating the Golden Cat, an opulent brothel whose spiraling layout makes for a tricky assassination challenge to Lady Boyle's manor, where the ensuing Masquerade Ball allows the player to hide in plain sight, Dishonored set the new standard for immersive sims and elevated developer Arkane to the heights to so thoroughly deserved.





Deathloop

Very few studios have nailed the immersive sim genre better than French-based studio Arkane Lyon, having delivered such excellent games as Prey and the critically acclaimed Dishonored series. And in 2021 they look to take their successful formula into the next generation of consoles with the brilliantly titled Deathloop. But what sets this game apart from their previous two titles, on the surface one might think that not much has changed, but when you dig deeper into the weird and wonderful world of Deathloop, you'll quickly come to realize that this brand new Arkane game is considerably different from its predecessors.

In Deathloop, two rival assassins are trapped in a mysterious time loop on the island of Blackreef, doomed to repeat the same day for eternity. As Colt, the only chance for escape is to end the cycle by assassinating eight key targets before the day resets. Learn from each cycle - try new paths, gather intel, and find new weapons and abilities. Do whatever it takes to break the loop. The island of Blackreef is presented as a stunning, retro-future, 60s-inspired environment that feels like a character within itself. While Blackreef may be a stylish wonderland, for Colt it is his prison, a world ruled by decadence where death has no meaning, and delinquents party forever while keeping him captive.

The island itself is divided into specific segments that you can travel to, with each segment containing at least of the Visionaries you need to defeat to break the loop, the catch, however, is each Visionary only appears at a certain time of day, so as Colt you need to plan your assassination run perfectly to ensure you get to each Visionary before the day ends and the loop repeats. This is easier said than done, and you will have to go through multiple days to figure out their patterns as well as gather information about your targets. Every new loop is an opportunity to change things up. Use the knowledge you gain from each attempt to change up your playstyle, stealthily sneaking through levels or barreling into the fight, guns-blazing.

In each loop, you'll discover new secrets, gather intel on your targets as well as the island of Blackreef, and expand your arsenal. Armed with a host of otherworldly abilities and savage weaponry, you'll utilize every tool at your command to execute takedowns that are as striking as they are devastating. Customize your loadout wisely to survive this deadly game of hunter vs hunted.

Although Deathloop is presented as a single-player game, it does have a fantastic multiplayer element to it as well. In the main story, you'll play as Colt, hunting down targets across the island of Blackreef to break the loop and earn your freedom. All the while, you'll be hunted by your rival Julianna, who can be controlled by another player. So if you're feeling devious, you, too, can step into Julianna's stylish sneakers and invade another player's campaign to kill Colt. The multiplayer experience is completely optional, and players can choose to have Julianna controlled by AI within their campaign. All in all, Deathloop is another fantastic game from Arkane and if you were a fan of the Dishonored series then you'll feel right at home with Deathloop. It's a beautiful game with incredibly fun mechanics that will keep you coming back time after time for your next run at breaking the loop.

DEATH
COLT
YEAH!

THE OVERLY COMPLICATED HISTORY OF THE

HALLOWEEN FRANCHISE

When October comes around, it means all things Halloween. From pumpkin-infused drinks, trick or treating and sexy nurses' outfits. It is also the perfect month to revisit the best horror movies to get one in the mood, and the one horror franchise that perfectly captures the Halloween mood is the franchise conveniently named Halloween. A true horror classic, infamous director John Carpenter's Halloween brought the wonderful villain of Michael Myers to life, terrorizing audiences for over 30 years now. And with the launch of Halloween Kills this October, we have provided an easy-to-understand history of one of the greatest horror movie franchises of all time.

Halloween (1978)

When the original Halloween hit the silver screen in 1978, it terrified audiences with its masterful tension and truly terrifying killer. The story was simple yet utterly effective. Fifteen years after murdering his sister on Halloween night 1963, Michael Myers escapes from a mental hospital and returns to the small town of Haddonfield, Illinois to kill again. Alongside the instantly recognizable theme, this movie introduces us to Michael Myers as a sociopathic child who kills his older sister, for which he is committed to a sanitarium. At age 21 Myers escapes, in order to find his sister, Laurie Strode, played by the scream queen herself, Jamie Lee Curtis. Halloween instantly established itself as a true horror classic, and would go on to influence numerous modern classics we know today.

Halloween 2 (1981)

The anticipation for the sequel to one of the best horror movies was through the roof, especially with Carpenter returning to write the script. However, like most sequels, Halloween 2 suffered from trying to up the ante and make everything bigger and scarier. The sequel loses the incredible tension of the original, instead focusing more on the uber violence of Myers. Many of the deaths are there more for shock factor than actual story implication, which does lessen the impact of the murders themselves. After failing to kill sister, Laurie, and taking a bullet or six from former psychiatrist Dr. Sam Loomis, Michael Myers has followed Laurie to the Haddonfield Memorial Hospital, where she's been admitted for Myers' attempt on her life. The institution proves to be particularly suited to serial killers, however, as Myers cuts, stabs and slashes his way through hospital staff to reach his favorite victim. Although the movie lacks the tension of the original, it is still a horror classic, with arguably the best Myers "death" in the franchise history.

Halloween 3: Season Of The Witch (1982)

With the huge success of the previous two outings, studio greed crept in, with the decision to turn the franchise into a yearly anthology, with a new installment released every year. This backfired dramatically and was the first sign of the wheels coming off for the horror classic. Fans were left stumped and furious at the notion of removing Michael Myers from the movie. A Halloween movie without the notorious and infamous slasher makes no sense on paper and it made eleven less sense on screen. The story itself is a dramatic departure as well, seeing Hospital emergency room Dr. Daniel "Dan" Challis and Ellie Grimbridge, the daughter of a murder victim, uncover a terrible plot by small-town mask maker Conal Cochran, a madman who's planning a Halloween mass murder utilizing an ancient Celtic ritual. The ritual involves a boulder stolen from Stonehenge, the use of Silver Shamrock masks and a triggering device contained in a television commercial, all designed to kill millions of children. As a stand-alone horror flick, Season Of The Witch is actually a fun watch, with some really neat ideas and wonderful kills, but as a chapter in the Halloween series, it fails dramatically.

Halloween 4: The Return Of Michael Myers (1988)

The fan backlash to Season of the Witch was intense and actually put the series on hiatus for six years, at the time the longest period between Halloween movies. Then in 1988, a new entry was released, and the producers clearly learned their lesson from their Halloween 3 experiment. The new movie was all about the return of everyone's favorite masked slasher. Unfortunately, it did not live up to the hype or expectations from horror fans. With Jamie Lee Curtis not returning, the writers had to find a different reason for Mister Myers to go on a killing spree. A comatose Michael Myers is being transferred from one hospital to another, but he wakes up when the ambulance crew talks about his surviving niece, Jamie. After slaughtering his attendants, Myers sets out to find his one living relative who is, fortunately, being cared for by a kind and resourceful foster sister named Rachel. Meanwhile, the ever-cautious Dr. Loomis remains on the killer's path. Again, the writer and director lost sight of what made a good Halloween movie, instead focusing on ridiculous set pieces and a completely bizarre ending that left fans scratching their heads as they left the cinema.

Halloween 5: The Revenge Of Michael Myers (1989)

Although Halloween 4 was a critical flop, it did great numbers at the box office. So one year later we got another sequel. The story of Jamie and Michael Myers would continue in what was planned as a new trilogy. Sticking with Jamie, Laurie is still in parts unknown, the young girl has become a mute and is now in psychiatric care. Dr. Loomis finds out she's developed a telepathic link with Michael, confirming he's still alive. Sadly this iteration was a paint by numbers sequel that was even more confusing and muddled than the movie set before it. An uninspired effort that left fans and critics cold, casting doubt on the franchise as a whole. Again the franchise would go on another six-year hiatus as producers and writers desperately tried to find a way to reinvigorate the horror classic. Unfortunately what fans would get six years later would prove to be arguably the worst horror movie in history and the potential death of the franchise.

Halloween 6: The Curse Of Michael Myers (1995)

One of the worst Halloween movies ever and a regular feature on worst horror movies ever lists, Halloween 6 was an absolute mess. Six years ago, Michael Myers terrorized the town of Haddonfield, Illinois. He and his niece, Jamie Lloyd, have disappeared. Jamie was kidnapped by a bunch of evil druids who protect Michael Myers. And now, six years later, Jamie has escaped after giving birth to Michael's child. She runs to Haddonfield to get Dr. Loomis to help her again. However, Jamie escapes and leaves her baby in a bus station, Michael gives chase and kills Jamie. Finding out that the baby is a relation with the help of Dr. Loomis figures the child will be the last victim and the two endeavor to protect it. The story is dreadful and littered with plot holes, the kills are lame and the acting is embarrassing. The only good thing to come out of this movie is seeing a young Paul Rudd in one of his earlier roles before he became the big star he is now.

Halloween H20: 20 Years Later (1998)

With the 20th anniversary of the franchise coming up in 1998 and with the Scream franchise having reinvigorated the horror scene, the studios decided to pull out all the stops and go big or go home. Jamie Lee Curtis returned as Laurie Strode in what was a return to Halloween's original storyline. After faking her death in a car accident, Laurie has been living a normal life for years, free from Michael Myers' pursuit - that is, until he steals a police report that reveals her address and hunts her down. What follows is a standard cat-and-mouse as Michael returns in the middle of Laurie's son throwing a Halloween party.

Heavily influenced by the Scream franchise, this Halloween reboot felt considerably different in tone, yet was a welcome return considering the abysmal dumpster fire that was Halloween 6. It did incredibly well at the box office, which meant only one thing... a hurried cash grab of a sequel was set to follow.

Halloween: Resurrection (2002)

And a quick cash grab was exactly what we got with Halloween: Resurrection. Again sticking out the tone of the Scream movies, Resurrection sees Myers stab his way through a set of college students taking part in an internet reality show. And even though Jamie Lee Curtis featured heavily in the promotion of the film, she is unceremoniously killed by Myers after one scene. The setup for the rest of the movie then is a group of 20-somethings who volunteer to stay in Myers' childhood home for Halloween night in order to win a prize. Of course, Myers shows up and takes each of them out in brutal but obvious ways. At this point in time, the Halloween franchise did not feel like a Halloween movie at all, losing everything that made it a classic, turning into just another generic slasher flick.

Halloween (2007)

The series desperately needed a reboot, someone to take it back to its roots and rediscover the magic and tension that made Halloween a horror classic. Unfortunately, the task was left to shock rocker and director Rob Zombie. Initially, Zombie planned to remake the original, take Carpenter's original vision, and twist it into a more modern take. Fortunately, Zombie steered clear from that idea and decided to reboot the originals into a vision of his own, seen as a love letter to the original classic. Although the rebooted Halloween was a major step up from the dreadful movies that came before it. Zombie shifts the focus away from Laurie and places it on Michael, looking to discuss and delve into Michael's psychopathic tendencies. Dr. Loomis plays a larger role as Michael's psychologist with the film charting the killer from childhood to his escape in adulthood. Laurie and Michael's connection is dealt with more severely, with Michael kidnapping her to try and convince her they're siblings. All of which is told with a very romanticized view of late '70s fashion, aesthetics and music. All in all, the reboot was not bad and was generally well-received, however as we have seen with the history of the franchise, a sequel would follow that would ruin all the good faith the sequel brought.

Halloween 2 (2009)

And this was where it all fell apart for the Zombie reboot exercise. Oddly enough, the movie steers away from its horror routes, rather to focus on the psychological drama of family trauma as Michael and his sister share visions of their mother Deborah as Laurie continues to recover from the events of the previous film. With the help of Dr. Loomis, she comes to the conclusion that she's Michael's sister, right before Myers gatecrashes a party she's attending. The ending is dreadful as well. Less a horror and more an exploration of what effects horror has on the human psyche, Halloween 2 fails on both accounts. It is clear to see what Zombie was aiming to accomplish and for the idea, we give him loads of credit. The execution however was a miserable failure, one that would shelve the Halloween franchise for nine years.

Halloween (2018)

When another reboot of the franchise was announced, fans all over the world groaned. It seemed that the allure of another Michael Myers outing was just too much to bear for some. However, the 2018 reboot was the best Halloween movie in decades. Both a sequel and a reboot, the 2018 iteration is technically a direct sequel to the original 1978 classic, but ignores every other movie in the franchise. Jamie Lee Curtis returns to her iconic role as Laurie Strode, who comes to her final confrontation with Michael Myers, the masked figure who has haunted her since she narrowly escaped his killing spree on Halloween night four decades ago. It is a wonderful reboot that captures the magic and tension of the original classic and sets up the 2021 Halloween Kills perfectly. This reboot proves that the aura and danger of Michael Myers is still alive and well for modern-day audiences.

From Hell *to the* Heavens

The curious case of Mr. F

By Ian Kirke | Twitter @ianjkirke Photography By Peter Faulding

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According to Albert Einstein, “In the middle of difficulty lies opportunity.” And who am I to argue with such a luminary? Little did I know that this piece of guidance would begin to prove itself on a scrap of paper. Nor, come to think of it, did I ever imagine that as a direct consequence I would be intimately exposed to the ‘perfect murder’ of an MI6 operative, the harrowing searches for hidden homicide victims, and eventually an uplifting spirit of adventure born out of the tragic death of a child.

The route from Dublin airport to County Mayo, in the Northwest tip of Ireland, meandered across some of the most stunning countrysides I had ever seen – lush open green fields dotted with the odd rustic dwelling, and lakes that shimmered like giant tears, surrounded by thick woodland. Alone in my hire car, I constantly stopped just to breathe it all in. Sightseeing was not, however, my intended purpose. It was the business of risk that had taken me to this incredible part of the world and keeping staff safe at one of the most divisive locations, on behalf of a global energy provider, was my ultimate goal. Serious protestor activity coupled with local tensions had created a perfect storm of intimidation and potential violence, and my expertise was sought to better protect those working on the project.

Up early the following day along with other colleagues, I was chauffeured across a differing terrain – peatland stretched as far as the eye could see, with the flatness only interrupted by hardy bushes and stricken, weathered trees which at dawn resembled skeletal fingers pointing skyward. On reaching the coastline the vicious Atlantic waves battered the beautiful granite cliffs with unrelenting force and the ensuing rain made me squint, despite having donned protective gear from head to toe.

On the way back we called into a local pub, and as we walked in, I was immediately reminded of a scene from the film “An American Werewolf in London.” The hubbub was replaced by an ominous quiet. Did we Englishmen have some form of obvious vibe, or did we simply look out of place? An hour or so drive from the border of Northern Ireland, I had been briefed previously about the legacy of sectarianism. As I quietly, and swiftly, drank my pint of Guinness I was minded to conclude that this latent discord still bubbled under the surface.

It wasn’t long before we had gathered sufficient evidence to inform the client that a professional cadre of protestors had landed. The increased sales of plastic downpipes, typically used to manufacture ‘lock-on’s’ (allowing protestors to securely harness themselves to, amongst other things, vehicles) and locals reporting an influx of unusual camping activity were the most obvious data streams. Overheard conversations revealed that some had traveled from abroad and were planning significant disruption to operations both at land and sea. The latter engaged with the deployment of The Solitaire, a 96,000-ton monster of a pipe-laying ship, with a crew of over four hundred anchored just off the rugged coast of Corrib.

The finances associated with the hiring of this vessel were simply staggering and every moment lost, due to any form of interruption, was colossal. My area of responsibility was straightforward, and a training plan was readily agreed upon.

At dinner that night, tucking into the best quality steak in town, there was no better way to while away the evening than by shooting the breeze about the good old days with my colleague Merv, a former boss in the police, and silver commander at the notorious Newbury Bypass in rural Berkshire. This policing operation had seen the birth of domestic eco-extremism, where protestors had literally buried themselves deep underground to thwart the construction of the carriageway. The mere thought of locking myself in such a subterranean hell, let alone trying to safely remove someone, brought back my own anxieties of claustrophobia. I steered the conversation back to the present day and the issues relating to the sea, an environment that made me feel equally uncomfortable, especially following my own experiences earlier that day, as the force of the ocean showed zero respect for the sanctity of human life.

Our mutual assumption was that inflatables and single canoes would be deployed to frustrate the pipe laying and although the local Garda (Irish police) confidently predicted that they would spoil any attempts to do so, neither of us were convinced, simply because they had never dealt with this type of committed and agile foe before. I then asked a naive question, “Who could beat them?” Merv reached inside his jacket pocket, removed a pen, wrote on a napkin, and handed it to me. “You need to call this man.” I saw a mobile phone number under ‘Mr. F’. Like a scene from a spy movie, my gaping-mouthed response was halted as in a hushed voice he explained, “Peter Faulding, the guy who defeated Swampy and his friends at Newbury. That’s all you need to know.” That night I didn’t sleep that well. The combination of intrigue and isolation are never good bedfellows.

The cheery greeting caught me by surprise. My first contact with Peter, founder, and CEO of Specialist Group International (SGI), wasn’t the whispered, secretive dialogue I was expecting. Within a few days, I was parked outside an inconspicuous industrial unit in the south of England. After the tour of his headquarters, I was convinced that his operations had fused together the attributes of the “A-Team” and Gerry Anderson’s “International Rescue”. Deepwater apparatus, climbing gear, and sophisticated ground-penetrating radar equipment used to locate human remains, adorned each separate bay alongside a myriad of other technical kits. As we drank tea and chatted, I immediately warmed to this hitherto man of mystery. I explained the Irish scenario and he started to map out a comprehensive plan. I was intrigued to discover how he had been drawn into the police operation at Newbury and his route into such a narrow discipline.

I had never seen tunneling, or to be more accurate, working in

confined spaces, as an option on my school curriculum. In his now familiar quiet, but detailed narrative, Peter reflected upon his life journey, which had started with exploring old firestone mines deep under the green fields of Surrey with his dad. The opportunity to fill an exposed operational gap within the police response to the two-year construction of the bypass came by chance, and shortly after his fledgling business faltered as a consequence of the dark dealings of others. There was an unmistakable metaphor in the making working below ground and losing his house in 1991 would have broken more ordinary folk.

Presenting our plan to a mixed client and Garda audience became visibly and increasingly hostile as the latter group refused to accept that their mitigation plan was inferior. This intransigence didn't falter, even when Merv explained the obvious need to collaborate with specialized partners when new forms of activism took hold. My uncomfortable feeling at the pub a few weeks earlier once again filled the auditorium. Throughout Peter remained remarkably relaxed. I was less so and angry that a clear bias towards anything different was becoming the persuasive pitch. During a welcome break, I invited the client executive team into a side room along with Mr. F. My bluntness and Peter's calm won the client over and we teamed up on the project which eventually propelled both of our businesses onto a new level and forged an important friendship, allowing me to chronicle some of the more intriguing and poignant cases that have seen us talk long into the night.

My usual greeting is, "Mr. Bond!" since the SGI portfolio often resembles a briefing by M, the fictional Ian Fleming character who is Head of the Secret Intelligence Service, also known as MI6. This enigmatic organization was subject of the full public gaze when one of their operatives was found dead in the most bizarre circumstances which wouldn't have been out of place in any Cubby Broccoli production.

In 2010, Pimlico, London, the body of codebreaker Gareth Williams, 31-years, was discovered naked in a holdall placed in his bath. If this wasn't unusual enough, the makeshift coffin was zipped up and padlocked from the outside in true Harry Houdini fashion. Immediate media speculation exploded around his sexuality, with some observers suggesting that the real-life spook, with an appetite for cross-dressing, had suffocated during a lone sadomasochistic activity. After a three-year investigation, the Metropolitan Police concluded that he had locked himself inside and there was no trace of foul play. Case closed. Peter thought differently and I was on the same page.

Called as an expert witness, even to this day Peter's skills relating to conquering confined spaces have never again been tested to this extreme. Of similar stature to the deceased, he tried more than three hundred times to fold himself into the bag. His attempts to secure himself in the same manner also failed. At the inquest, and in direct opposition to the posture of the police, Peter demolished their claim, adding, "There was unidentified DNA found but none of Gareth's own DNA on the padlock, the zipper, or the bath screen, and no palm prints on the bath from lowering himself in. Nothing." The coroner ruled that this had been an unlawful killing. To date, no one has been arrested in relation to this crime. Peter and I have often deliberated over the who and the why. Our speculations will remain between ourselves but as to the conspiracies that suggest the 'perfect crime' I will leave you to decide.

Crime is compelling viewing, no more so than when a white tent appears the site of the murder victim. Forensic teams come and go, dressed in full-body paper suits. Peter is no stranger to these scenes. Locating the victims, often of brutal killings, has become commonplace, yet one case remains central. The victim he has yet to find.

In 1988 Helen McCourt was killed after leaving work in Billinge, three miles north of St Helens in Merseyside. Despite the absence of a body the police built a

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compelling case against Ian Simms, a local pub landlord, who was jailed for life for her murder the following year. An evidence trail, including a claim that the killer drove to Rixton claypits, coupled with corroborative samples in his car and on dumped clothing, along with the discovery of a spade belonging to the murderer at the bottom of an eighteen-foot-deep flooded gully, sealed his fate. Helen's mother Marie championed a successful campaign that led to the passing of "Helen's Law" in 2019, requiring convicted murderers to disclose the location of their victim's remains before parole could be considered. In the case of Simms, the decision by the parole board was to grant his release on license shortly before the legislation received Royal Assent. Although the McCourt family sought to keep him incarcerated, the High Court rejected this bid and Simms was released. Having conducted a cold case review Peter remains convinced that Simms concealed Helen's body proximate to nearby woods. Bodybuilder Simms would have been able to remove her body from his car with little difficulty, albeit carrying her in this terrain for more than fifty meters or so would have become unsustainable. As Peter reflected, "All the evidence points to this location." Adding, "He had only seven hours, so he buried her in a grave no deeper than 1.5 meters." He continues to offer his truly unique expertise.

"She knows Helen is dead and just wants closure." Giving hope in such incredibly harrowing circumstances is nothing short of humbling.

As a cop, I attended many sudden deaths. Most were of natural causes leading to a sense of realism and dignified respect since that is the way of life. Only a handful were ever as the result of crime. Conversely when SGI are called in it is at the tipping point where hope ebbs away and despair rushes in. There is probably no more painful example than that of the appalling death of six-year-old Lucas Dobson. Falling into the River Stour at Sandwich, south of Ramsgate, whilst out fishing with his dad Nathan, he was swept away by the strong currents, even though he could swim. His body was found four days later by Peter and his team. This was a turning point for Mr. F. The recovery of those who drown alone in terror would eventually catch up with even the most resilient, and Peter decided that he had to do something to mitigate these often-avoidable tragedies. Together Nathan and Peter launched The Lucas Dobson Water Safety Campaign. The initial aim was to provide schools across Kent with lifejackets for children and their families to borrow whenever they visited water. The movement has expanded and in true Peter style the reach has gone skyward. Flying across the country he descends from the heavens in his helicopter and hands out these lifesavers to hundreds of excited kids.

Fate brought us together and our camaraderie has meant that we can laugh together, often in the face of adversity. Tweaking the opening monologue of the A-Team, "If you have a problem, if no one else can help, and if you can find them... maybe you can hire the SGI-Team." On a more serious note, the not-so-curious Mr. F is one of the good guys and I am proud to call him my friend.

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Kristen DEFRANCESCHI

Model | @krisdfit, @kristendefranceschi
Photographer Alex Manfredini | @alexmanfredini
HMUA Jody Du Priest | @jody.dupriest
Retouched / Edited by Luba
Bikini @bikinimedal

Agent Provocateur

Kristen, such an absolute honor to have you on the cover of FHM! We would love to get a bit of background on where it all began for you. Thank you. The pleasure is all mine to be a part of FHM and to do my best to represent all the great things that FHM stands for. As for me, it all began in New York City in 1973! I was an athlete from day one, and quite the "tom-boy". If I wasn't playing a sport, I was lifting weights or doing fitness tapes. I went to an all-girl prep school, and so I wasn't preoccupied with boys – that came later on! I love everything about competing – preparing my mind and body for the event, the challenge of going up against another athlete whether it was on the tennis courts or the softball fields back then, and the inner competition to push myself to be stronger, quicker, and better than before. Competition still juices me up. Once I started working in "Special Markets" in the Marketing-Advertising arena, I quickly took to the luxury, beauty, and glamour markets. Everything from luxury watches to exotic automobiles to cosmetic surgery, the more glamourous and luxurious the better! I started working national tradeshows and events! All the while, I continued to play sports, train my body and oh yes, I love to wear bikinis. So, when I was asked to do a bikini photoshoot for a fitness supplement, I of course agreed, and my bikini model career exploded!

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Thank you as those things are very important to me too. Nothing feels better to me than being fit – physically, mentally and spiritually – like the ways of the ancient Greek Goddesses. Being fit, happy and glamorous is a big part of my life and I do it because it makes me a better mother, wife, and person. Age is just a number to me, and I am determined to live a long healthy life!

Having an active lifestyle is something you pride yourself in, what are some of your favorite sports? Staying active is really part of my DNA. I play competitive tennis on both a country club team and a USTA team. I also play golf and I am working towards team play in the future. All of you guys who are good golfers, send me your tips! I have also been skiing since I was 3 years old, and I love skiing out West!

We love your Instagram pages, you're incredibly happy and carefree in your posts, what do you like most about having a massive following and sharing your content? I live a very blessed life. I enjoy each day so why not share it! I am told often I motivate women to look their best and to live the life they want. I tend to be a rule follower, and I know there is a "time and place" for everything. But I also believe you have one life, and you must live it the way that you want and that makes you happy!

Fitness and health are evidently important to you, can you tell us some of the things you do to stay fit and healthy? Fitness and health are a core part of my life and always have been. Almost every day I wake up early to train – I tend to enjoy all sorts of early morning activities. I attend a Versa Climber class and a Lagree Fitness Megaformer class at HILO House studio near my home. If you have not tried these, you should – they are killer tough, and these workouts have changed my body! I told you I love competing, so I recently participated in a "climb Mount Everest" challenge on the Versa Climber, and I reached the top days before the deadline! I am also fortunate to have an incredible home gym where my personal trainer comes twice a week to push me out of my comfort zone. I also do tennis aerobics at my country club! On top of this, no matter how hard one trains, proper nutrition, and a healthy lifestyle is vital to making all of it work. It all ties together.

We can imagine given your massive following and stunning good looks you must have crazy DMs, what are some of the crazy requests you get asked in them? Funny you should ask. While I get hundreds of DMs and most of them are from men who are complimenting my looks, or asking to meet me, or to do photo or video shoots, I have had some that go far beyond that. An example would be the time I was pursued over many DMs by a persistent guy in the Middle East to move to his country for a few months, all expenses paid plus a sum of $100,000 a month, to "teach" his younger brother how to have relations with women. He argued that it was part of his culture and that he had been trained by a beautiful woman and that it was time to train his brother. As you might imagine, I remained in the USA. LOL.

3 ultimate deal-breakers when it comes to men? Well, that is easy for me. Definite deal breakers for me are men who are not fit; I do not expect you to be a Greek God, but you will need to be fit to keep up with me. Another is laziness; you need to be active, have goals and work hard to achieve them to be my man. Third would be excessive rudeness; if you do not treat people right, we do not have much to talk about.

We know you're an absolute foodie, what is your ultimate favorite type of food? I absolutely LOVE

Agent Provocateur

food! The New Yorker in me loves Pizza but my favorite plate must include Filet Mignon (rare), Lobster Tail, and a baked potato!

Where would you say is your favorite place to be in the world and why? My favorite place in the world would be right here in the USA! I love to enjoy the Hamptons and the Delaware Beaches – places where I can relax on the beach or in the pool with friends and family and just unwind. I also love Lake Tahoe in the winter season for the skiing, hanging out in the hot tub under the stars, and all that follows! I would love to visit Dubai soon too!

Where do you see yourself in the next 5 years? In the next 5 years I would LOVE to be even more Fit (as I push myself harder each day). Also, I am hoping to do more work IN PERSON and on social media as a spokesmodel for luxury products and goods! I would love to give TV a try too – maybe a reality show!

Where can our readers catch up with you and stay updated with your work? The best place to stay in touch with me is on my Instagram pages. If you DM me there, whether for a project you have in mind for me, or just to say "hello" I will be sure to get back to you. I will continue to post there a lot, sharing my life and adventures. I am also working on a project that will be dedicated to my fitness and glamour modeling as well as my luxury lifestyle promotions. Stay tuned on my Instagram pages for more on that.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? The pleasure was all mine. I hope the readers have enjoyed this too. Last words -- Live the life you want to, not everyone will understand, but they don't need to! Bonus last words – Go Big... or Go Home!

TRAVEL Guy

Number crunching my extraordinary journeys – Part 3

Welcome back to the final leg of my round the World sprint. Having written this I know that there are a fair few episodes still yet to be written. Especially, those last two continents that I can, so I have found out, elegantly fuse from the southern tip of Argentina. COVID-19 you haven't beaten me!

By Ian Kirke | Twitter @ianjkirke

SR 48

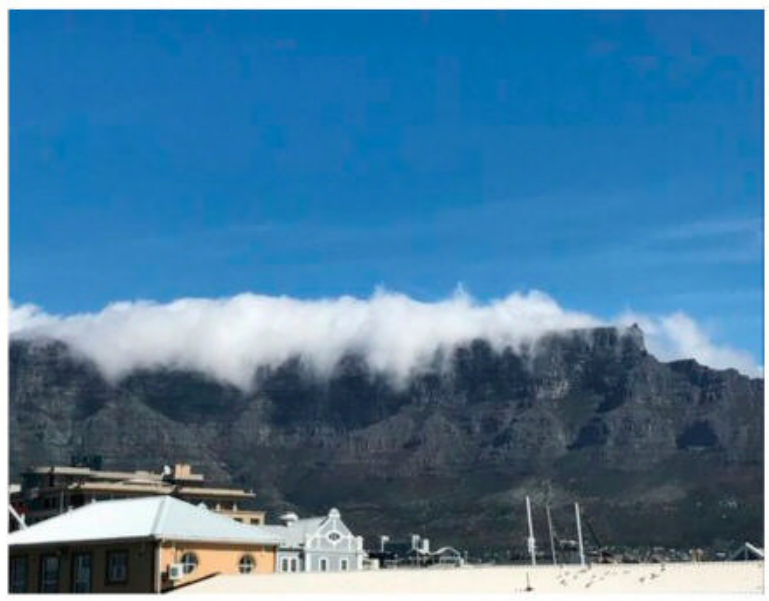
South Africa

For an Englishman abroad Cape Town is a nineteenth-century colonial bolthole. Much of the architecture reflects that not-so-proud period of the British Empire yet thankfully the people and natural history of this most southerly tip of Africa more than represent what makes this a very extraordinary place.

Table Mountain dominates the landscape, drawing you in with the peculiar shape as you ponder how that ever happened. Yet for me, the magic was both ancient and contemporary. Having been informed by the hotel receptionist to expect all four seasons in one day, I was memorized when the unique weather patterns caused by the spontaneous flux of air temperature forced the clouds to literally spill over the top of the mountain like a frothy coffee. A seasoned tea drinker, I was nonetheless open-mouthed as this spectacular show silently erupted and brought a beautiful calm to those who watched transfixed. I wondered if this natural phenomenon could be beaten. Then again this is Africa. Of course, it could!

Boulders Beech gloriously showcased that Mother Nature will occasionally buck the universal trend. Penguins on the beach under the hot sun! How on earth could this habitat support these connoisseurs of the cold? Mind-boggling in the extreme yet so incredibly wonderful. Mouth well and truly open in amazement yet the nose somewhat twitchy since these little creatures seemingly crapped on everything!

Δ (change) 75%
(Love) 90%

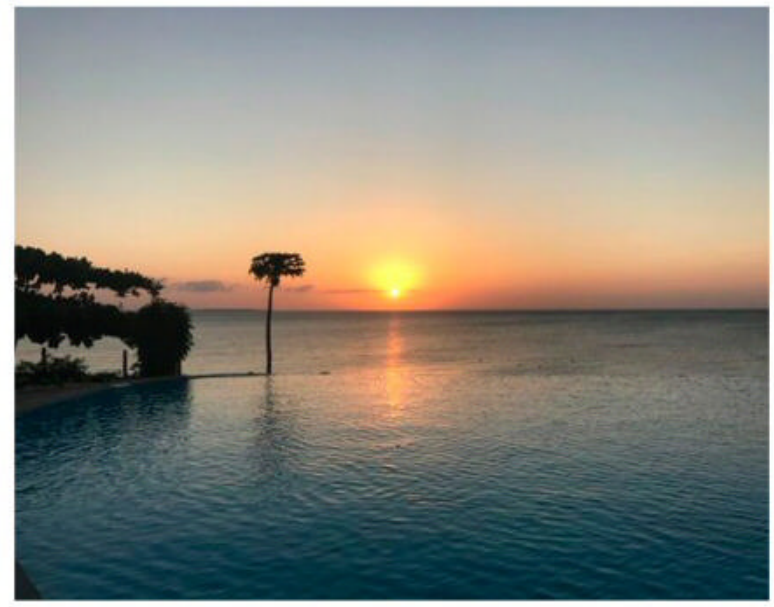


Zanzibar

Part two of the African adventure was to be the chill time. Having been told that I would immediately smell the spice in the air as soon as I landed I was more than a little annoyed that my ears were blocked, as a reaction to the descent into the wonderfully rickety airport, causing my sense of smell to temporarily desert me. Being whisked off immediately to the luxurious five-star resort gave no time at all to take in this island location.

Strolling along the golden sands and drinking at the all-inclusive bar until I could see the double of everything certainly chilled me out, but the pull of exploration drew me away from this false oasis. Within a few hours, I was feeling horribly claustrophobic, with my head stooped and my heart bursting under my sweat-soaked T-shirt. This experience was truly gut-wrenchingly gruesome. This dark, cruel place had once been a place of human captivity. One hundred and forty-four years earlier this beautiful island was home to one of the last open slave markets and I was located within a holding pen. On this occasion, my mouth was agape not in awe but in shame. What had led to the legitimization of this most grievous of crimes against humanity? Could it ever be repeated? Surely we are too advanced to ever tread that path again? The awful reality is humanity is often terribly flawed. For every incredible human achievement, why do we purposely self-harm? A piece of the human psyche I will never ever understand.

Δ (change) 85%
(Love) 90%



Austria

March 1983, twenty years of age, Mayrhofen. Where the boy became a man. A jaw-dropping night of ecstasy in the pleasure dome of our alpine chalet. A climax yes but pretty anticlimactic if the truth be known. On reflection, I think we were both relieved that we had actually done it! I have, however, improved my technique over the years. I know I should have taken more notice of the Alps but losing one's virginity does tend to shake the hormones about. And yes Julie I still haven't told a soul.

Δ (change) 95%
(Love) 50%

Australia

In 2018 my daughter Lucy set up home in Bondi Beach. The following year I went down under for the first time. Connecting Adelaide to Brisbane via Robe, Port Fairy, Apollo Bay, Melbourne, Sydney, the Northern Territory, Port Douglas, Daintree, and Cairns. This epic adventure stirred many people to comment on the loveliness of traveling to the other side of the planet to see her. To be honest my A-to-Z itinerary was chosen to ensure that I would see the Australian Speedway Grand Prix on a date yet to be confirmed at venues at either end of my trip. The speedway promoters pulled out at the last knockings and although this was a tad disappointing the rest of jaunt pretty much made up for the lack of 500cc motorcycles rippling around a dirt track at around eighty miles per hour with no brakes or gears.

I had always assumed that Australia would be baking hot all the time. I'm glad I took my coat as I froze my bollocks off in Adelaide and along the Great Ocean Road. Should I have been that surprised? The next landmass south of me was Antarctica. I had to pinch myself every time I thought of that geographical notion. Seeing Kangaroos in the wild for the first time in Myponga was one of those slivers in time that I cherish the most. When old me reconnected with the much younger version which is still part of my personality. My individuality that makes me prone to crying, being stubborn, rebellious, curious, and fascinated. The hallmarks of any healthy four-year-old. I am sure that all adults have this capacity although I am not embarrassed to let it out! I had grown up with 'Skippy the Bush Kangaroo' on the television and here I was a stone's throw away from the extended family but this time I was in their home. Later, I saw Koalas in a tree that arched over the carriageway. No disrespect to this inert cuddly beast but I bet it couldn't save a kid who had fallen down a ravine.

Port Campbell National Park, the location of the Twelve Apostles. A collection of isolated limestone monoliths which appear to have been dropped from above into the ocean by the hand of some divine entity. The fact that there are only seven standing of the original eight wasn't why I dropped my jaw on this occasion. Nor the fact that I had to jostle with the crowd to get the money shot (me in my Notts County shirt) whilst nearly being blown into the water by the gale-force winds, after passing a warning sign that precluded cats from being taken to the unstable cliff site. It brought home to me my legacy. When the next stack falls, which due to water erosion is assured, will my legacy be anywhere to be found? I really hope to be a grandad one day!

The Sydney Opera House was like the Empire State Building in New York, the Petronas Twin Towers in Kuala Lumpur, or Edinburgh Castle in that, like these examples, I had seen this iconic building on the television so many times that I kind of guessed what to expect. To be brutally honest when I took in the structure for the first time my initial thought was that it needed a damn good clean! I was expecting to be blinded by a brilliant white light. Yet, later on, looking down from the vantage point of Sydney Harbour Bridge, sunlight was captured and hurled out again by this unique piece of architecture making me blink. Then I thought of the man who had designed this exceptionally beautiful cultural landmark, Jørn Utzon. As can often be apparent within the annals of governmental indifference he was never invited to the grand opening. In 2007, the year before he died, The Sydney Opera House was declared a World Heritage Site. Entangled within this marvel of human ingenuity was another far less endearing human trait - being shafted. Something I would never tire of being revolted at. Yet my next destination showed a cruelty that I had perhaps overlooked ever since I had set foot in this country, still proudly displaying its British heritage on the national flag.

Standing in front of Uluru, the huge red sandstone rock situated in the Uluru-Kata Tjuta National Park, I posed for the customary champagne shot. It truly did change in color as the sun began its decent. Growing up I had known this incredible natural phenomenon by a different name: Ayers Rock. Named so in 1873 by William Goose, an explorer born in Hoddesdon, Hertfordshire, England, after Sir Henry Ayers, the then Chief Secretary of South Australia. Clustered nearby the throngs of tourists were several Aboriginal traders selling paintings and trinkets. One hundred and twenty years after imperialism had stolen its identity the rock had reclaimed its original indigenous name from the Pitjantjatjara language which in a wonderful act of defiance has no English translation. Bullies never prosper, yet it became painfully clear to me that the Aboriginal people, the true Australians, had been brutally betrayed and made to feel like a lower class of citizen within their own homeland.

Later that night feeling a tad under the weather, mainly due to the onset of a dodgy stomach, I was witness to one of the most stunning experiences of my entire life. Certainly, more orgasmic than Austria (sorry Julie). A pitch-black sky yielded the most incredible cosmic array which our charismatic escort pinpointed in turn with a laser pen. The Milky Way. Our own galaxy. Truly and utterly mesmerizing. This has to be on everyone's bucket list.

Then, as if this experience couldn't get any better, a haze of

distant light (only a mere 200,000 light-years or so away) was located. The Magellanic Clouds. Two irregular dwarf galaxies. The light that was hitting my retinas had commenced its journey towards earth when the first Homo sapiens evolved in Africa. My jaw was almost dislocated. Never again would I ever get stressed for being a few minutes late.

A few days later, even the Great Barrier Reef couldn't compete. I had been truly humbled by the natural beauty we are blessed to inhabit. I wish we could remember this sometimes.

Δ (change) 95%
(Love) 90%

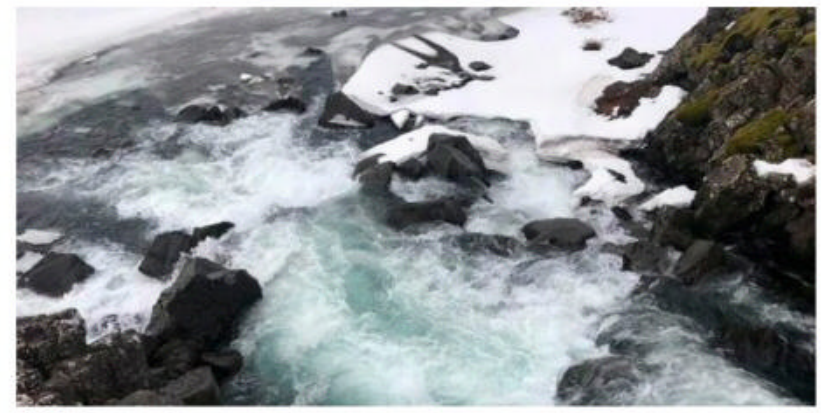
Iceland

Based in Reykjavík, the quirkiness of this country became apparent as refuge from the blistering cold that howled down the main street was secured in the Penis Museum. Further afield, and the location of where the tectonic plates of Eurasia and North America met was identified by the knowledgeable guide. Mr Lanham my secondary school Geography teacher would have been mightily proud.

The contrast of extreme cold and heat was best typified in the Blue Lagoon where when swimming in water warmer than my bath, heated by geothermal currents emanating deep from the volcanic bowels of this island nation, I was surrounded by glaciers. Standing up for any longer than a few seconds and my nipples stood prouder than the wheel nuts on a heavy goods vehicle.

But it was nature that overwhelmed me yet again. Frozen to the core in Gardur I squinted into the night sky. The dramatic shots that I had seen numerous times in travel magazines never did materialize, although looking slightly to the right then left allowed my straining eyes to detect a hue of green. The Aurora Borealis, colloquially known as the Northern Lights. WOW! This universe was the best show on earth!
Another reminder, if I needed it, that I am one lucky human being!

Δ (change) 90%
(Love) 90%



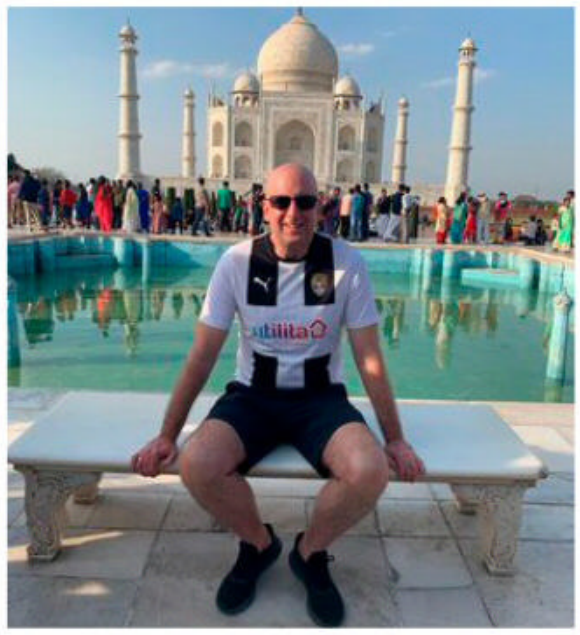
And finally, my true love...

India

India was truly life-changing, and this is reflected within much of my writings. If my personal travel guide has entertained you then please check out my reflections of this truly majestic country. Google will, as always, point you in the right direction!

Once the pandemic is over I will return and ideally I would love to spend the twilight years of my life living there. Cumulatively my values of change and love occupy top spot in my personal list of extraordinary destinations.

Δ (change) 100%
(Love) 100%



In all, I have reviewed only fifteen countries on my present travel list. These were the ones that nudged to the top of my personal list as a consequence of their impact on me. Equally some stop-off points were no more than just that. Kenya, for example, where I never left the airport, yet to be fair had the most amazing frozen yogurt in a cone ever!

Personally, travel is like an enlightening rubber band. It has continually stretched my consciousness, sometimes in an instant. At other times after a period of reflection. But one thing is for sure, my mind never returns to its original shape and that is pure, enchanting, and captivating magic! Thank you for accompanying me!

THE DOCTOR IS IN

The biggest Hollywood trends in plastic surgery - A butt like Jennifer Lopez, liposuction and more!

M.D

Ever since the pandemic hit us around the world, people have had to do more video chats, video work conference calls, and show themselves on-screens more than ever before, which has led to more and more people starting to be self-conscious, and thus leading to new trends in the plastic surgery world! Oh, and it doesn't hurt that stars like the Kardashians and Jennifer Lopez are plastered on covers and all across the press these days, giving motivation and ideas to people everywhere to look a certain way.

With new cosmetic surgery trends taking place now more than ever FHM turned exclusively to Hollywood's top Board Certified Plastic Surgeon Dr. Michael Hakimi, who all the stars go to and who has been seeing these new trends like liposuction take place daily at his offices!

When did you decide and know you wanted to help impact the world and go into the medical field to become a Plastic Surgeon? My father is a surgeon and my mother is a nurse. I developed a strong interest in medicine early on, likely fueled by early exposure. It was during my surgical rotation in medical school when I decided to pursue plastic surgery. I found it fascinating to be able to restore form and function in individuals. One day you do a facelift, the next day liposuction, another day total mommy makeover. The knowledge of anatomy required from head to toe, attention to details, finesse in surgical detail all fed well into my OCD.

You have worked with some of the biggest stars. How does it feel knowing these celebrities trust you with their looks, which are pretty much their "money makers"? It is a humbling privilege when anyone, celebrity or not, trusts you with their face or body. It is tedious work in the operating room but truly a joy to be able to make such a positive impact on someone's appearance which most often goes beyond just looks and improves their self-esteem and a lot more.

During the pandemic, people have had to do virtual meetings, Zoom calls, Facetimes, etc... We read some statistics that more and more people in the past year have been starting to get their faces and necks slimmed down so they look slimmer during these virtual gatherings. Have you been seeing this happen at your practice? Absolutely. It is the facelift for the more mature patients and liposuction of the neck to remove double chin and buccal fat removal in the younger patients. Psychologically, when you talk to someone at a conversational distance your eyes are less likely to notice "flaws" or criticize someone's, or your own for that matter, face because you are also interacting with that person and are distracted by his / her presence. That is why we notice "imperfections" much easier in photos and videos. Now on top of this, you add odd camera angles and bad lighting we have when on Zoom or other online meetings, you can see why people are increasingly asking for facial rejuvenation procedures such as facelift, neck lift, neck lipo or skin tightening with radiofrequency technology. Also, most patients after facial rejuvenation surgeries (facelift, neck lipo, etc) are fully independent and barely need any pain medications. These procedures' recovery is mostly a "social downtime" due to swelling and bruising. And that is now easily covered under the mask. So not only have we seen an increase in patients undergoing these procedures but they also are getting out of their houses faster because they can cover up the mild swelling and bruising under the mask.

What other procedures are "in" right now and trendy? Liposuction. The gyms were closed for over a year, people were sitting at home, not working out, stress eating, and not even had to leave to go to work. Now that things are looking better and people are getting some level of normalcy back they want to look their best. They want to travel, see their friends and family, take photos and share them on social media. And no diet works fast enough. Of course, liposuction is not a weight-loss method. It is meant for people that already are on a good diet and exercise regimen and it is meant to help remove fat from unwanted areas. But let's face it, in this day and age we want immediate gratification, most dramatic results in the shortest time with the least amount of work. In my practice, I perform the majority of liposuctions under local anesthesia. So it is a very casual procedure for my patients: No need for general anesthesia, much less risk to their health and much easier recovery. These patients get off the operating room table and walk to their ride to take them home. Feeling achy for a couple of days and are back at the gym by no later than 2twoweeks after the surgery.

Which celebrity do most people come into your office and ask to have parts of their face or body mimic or lookalike to the most? Interesting question. I spend a lot of

time educating patients and giving them a realistic expectations for the outcomes. Mentioning a celebrity's body part doesn't hurt as it gives the plastic surgeon a better insight into your aesthetic goals. I would say each month I hear Jennifer Lopez's abs and buttocks followed by Kim Kardashian's buttocks as I do a lot of Brazilian Buttocks Lifts under local anesthesia. People talk about Jane Fonda's facelift which was done really well. My injection patients still ask for Angelina Jolie's lips more than Kylie Jenner's.

What tips or suggestions can you give to anyone wanting to go under the knife and change or enhance a certain body part? Do your research and don't rush. See a few plastic surgeons. You will find one whose results you like, also the way they do the surgery and their personality. In plastic surgery, there are different ways of achieving your desired results. For example, three plastic surgeons could give you three different types of tummy tuck and all three could deliver a good outcome. See which method and its downtime fits your lifestyle and expectations better and with whom you feel more comfortable.

And a final thought: Where do you see the future of cosmetic surgery heading for the rest of this year and into the future? Liposuction is going to become the most popular plastic surgery procedure. This position has been held by breast augmentation for many years and that will change by the end of 2021. It is partly due to gyms being closed for over a year as I explained earlier but also technical advancements in this field have made the results more dramatic, safer surgery and easier recovery. On a more global note, every day more options are available to people to achieve their desired looks. Different technology companies claim what they can do to tighten your skin or melt the fat. At the same time, with social media people are more aware than ever of these new technologies, techniques and trends. You can see how It can be confusing and exhausting to do your research and find the right procedure. At least in my practice, a major part of the consultation is spent on educating patients about their options and what makes them a good or suboptimal candidate for each procedure.

SUPER CHARGED!

Tips on becoming your optimal self...

Besides helping 1000's create their "Optimal Self" via getting uncomfortable, defining values, then creating the daily habits needed to become the person THEY want to be, Jeremy Herider, has plenty of stories to tell from playing Major League Baseball and then becoming a Cross Fit Games Champion.From his transition from professional sports to life today, cross-fit, tips for others to find their optimal self + helping people find their path, and partnering up with new podcast platforms, Jeremy talks to FHM exclusively about it all!

To start off, how was the transition from being a professional athlete in the MLB and a cross-fit champion to being a life coach and speaker to help get people to become their own optimal selves? Well, in my journey of being a professional athlete all the way up to being a CrossFit athlete, what I can say is that there were many mentors and coaches along the way that I learned from and that poured into me. So the transition from me being in those positions to now, is simply giving back. I have been graced and honored to be around some incredible people and gain knowledge from where they were, how they got there, and tricks of the trade so to speak. All I want to be able to do is give back in that same way, so that the things that I was taught do not go with me to my grave, but they actually get poured into somebody else so they can pass it along as well. The other side of being a professional athlete in two different sports is that I learned and the one thing that I wished I would have done differently in both of those areas is focus more on being the best version of me rather than trying to win a match or hit a home run. What I teach now is helping people understand that they have the power within them to build and have what they want, but it's truly about being the best version of you that will get you there.

What are your top 5 tips for someone to become their "Optimal Self"? To be your Optimal Self, it's not about wholesale changes. What we need to be able to do is change very small things. Elements that can are easy management and can be done every day no matter what. These are the habits that compound over time. So in order for someone to become their "Optimal Self" they need to implement habits that can be done today but will have a lasting effect and exponential growth. With my principles course, we teach how to hydrate because hydration is everything. Our brain is over 80% water, and we need to make sure that we stay hydrated. The second tip is to learn to breathe better. Our state of mind can change so easily just through our breathing techniques. Number three is to move. I don't say exercise because I don't want people to think you have to get some crazy routine down. Rather, I want them to understand that any type of movement is important for the brain. The fourth tip is to read and write. Whether it's for ten minutes, ten pages, or ten books, find something that lifts you up, increases a skill, or increases your knowledge about a topic. Then write out what you learned to help solidify it in your mind. Lastly, be intentional! Our mantra here at Optimal Self is "The power of tomorrow starts with the intention of tonight."

With a background in professional sports, you had to stay fit. How do you continue to stay in shape now / what is your routine like? Truth be told, I'm in better shape today than I was as a baseball player. Baseball is played literally every single day so you're in very good shape when you start the season. By the end of the season, you're usually out of shape for the most part just due to the grind of it as a professional athlete. My routine now to stay in shape is some form of movement every single morning. Depending on the day and depending on how my body feels, I will use barbells, dumbbells, and kettlebells. I love resistance training! When I'm on the road, I bring a set of bands with me that I can literally use anywhere. I'll do anywhere from 20-100 minutes of work a day. Another part of my routine is meditation. On the days that I don't want to do that, I tell myself it's better for my brain than it is for my body. If I want to stay sharp and lead at a high level, I'll meditate and move every single morning.

Being able to spread your message is tricky these days with everyone becoming a speaker of sorts and so many podcasts. How have you been able to set yourself apart using new booking platforms like Guestio to get yourself onto some of the biggest shows? Yeah, it is tricky. The number one thing that I try to do is be honest and authentic in every sense of the word. Authenticity matters. It's who you are, where you come from, and what you've done. More than anything, I want people to know what my mission is and why I'm here. Optimal Self isn't something I have to do, but something I choose to do and I absolutely love doing it! Using a tool like Guestio really allows me to show the authenticity in who I am through my profile and connect with others who are doing the same. Sure, I can place the accolades and accomplishments on my profile, but even more so they see the authentic Jeremy coming through my bio and the ability to message and connect. Guestio has been an integral part of my show in not only guesting on other amazing, authentic shows, but connecting with amazing people to be on ours as well. Love the platform and all they're doing.

> "What I teach now is helping people understand that they have the power within them to build and have what they want."

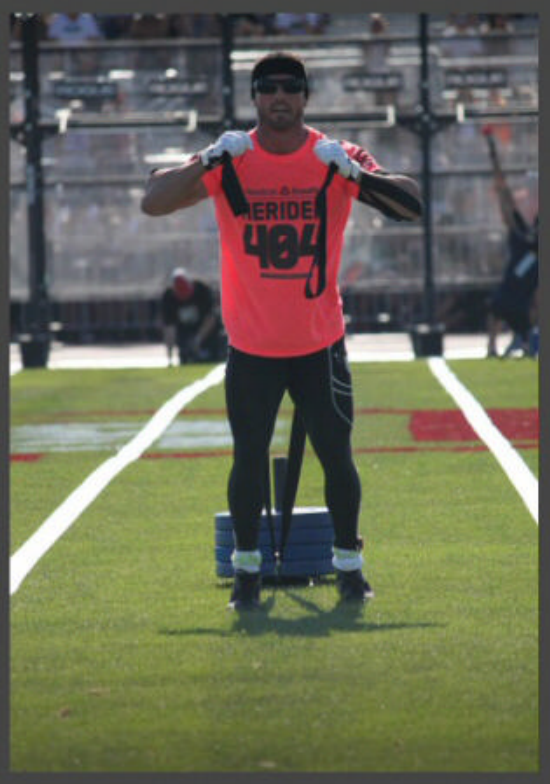
Why are podcasts the hot thing right now, and which shows have been your favorite to be on? I believe that podcasts are truly growing and hot right now because we all need mentors. We all need information. There's a thirst for people who want to learn, and with podcasts, you can find just about any subject and you can gather information and skillsets from people who have already been through it. I have been a fan of podcasts long before I was a podcaster. The ones that I listened to regularly are Michael Gervais' Finding Mastery, Tom Bilyeu's Impact Theory, and Hal Elrod's Achieve Your Goals. As far as being a guest, I've had an awesome time on Purpose Through Pain with Joseph James and Build Your Network with Travis Chappell. Both shows you can find on Guestio! Awesome conversations. One that sticks out in my head today is my interview on Game Beyond the Game with Prince Daniels, Jr. and my appearance on his private show, The Prince Daniels, Jr Show. Those conversations gave me great, deep questions that allowed me to leave the listeners with actionable items. Not just theory or ideas. That's why I love podcasting, right? The realness to it. I don't think podcasts are going anywhere, and with platforms like Guestio that help amazing content creators connect, I believe it's only going to grow.

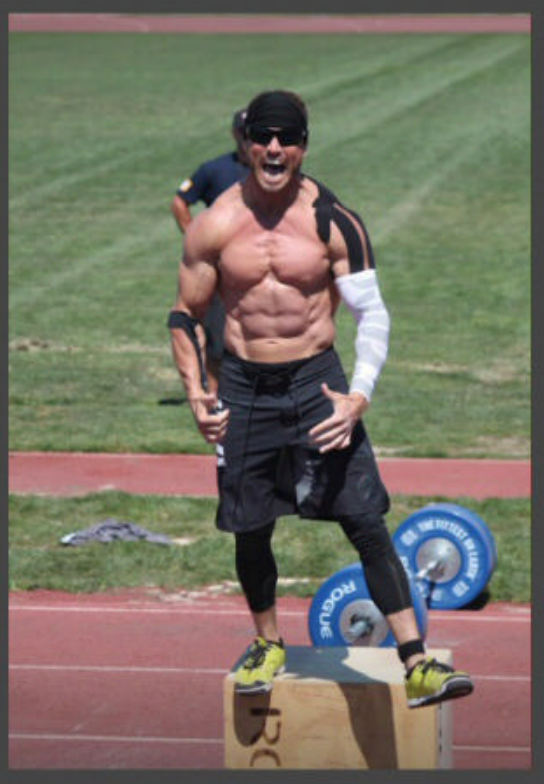
Beyond podcasts, how important is social media for people like you these days to spread your message? I'm going to say that I'm not a big fan of social media honestly. As far as getting our message out, it definitely plays a role in helping people see it. But we've had way more success using platforms like Guestio in order to be a guest on shows to spread my message. In the first month that I was on Guestio, I was a guest on twenty-eight different podcasts. We've been on social media for years with Instagram and Facebook, and it's a great way to work with your audience. But if you are looking to grow your audience and bring more attention to your message, be a guest on podcasts and leverage their audience too. Guestio blows social media out of the water!

Back to cross-fit: Why do you recommend cross-fit to others over just a regular gym type of routine? Wow. Where do I begin? Let me be clear on this that when most people see CrossFit, they see the failures or successes at the competitions or the CrossFit Games. We have to remember that these competitions are the participants' jobs. This is what they do for a living- most of them. But what I love about CrossFit methodology is what it can do for you as an individual. The reason why I think it's so beneficial over a regular gym routine is that most people walk into a gym and they do not know what to do. They see machines and weights, but they don't know how to maximize their benefit. What is the proper stimulus to get what they want? Are they trying to build muscle, lose weight, or move better? With CrossFit, you're going to have somebody that can coach you and teach you. You don't have to know anything, and they are going to scale it to your ability so that you can get better. Great coaches know that one day isn't going to do it, but we're going to scale it to a point and get you to move, be healthy and safe. With CrossFit, all you have to do is master the art of showing up, and we're going to get you where you want to go! I tell people that the best workout program, the best diet, or the best business plan is the one that they will actually do. And I believe having a coach along the way is going to expedite everything about your results.

Were you doing cross fit while playing in the MLB? No, I was not actually. I wish every single day that I would have been. I actually did not even hear of CrossFit until I was in my 40s- long, long after playing baseball. The thing I would tell you in my day of baseball is we were training more like bodybuilders in a gym as opposed to being functionally strong. Towards the end of my career especially with the Arizona Diamondbacks, they were very progressive in how we would train. I do believe, however, that if I would have been training with CrossFit during my playing days, they probably would have lasted a little longer. Maybe saved a few injuries along the way. So I wish!

What's next for you from here? Well, from here, it's about building an ecosystem platform for people to become their optimal selves. My mission is simple. I want to help and inspire people to change their behavior through belief in action so they can be the best version of themselves. Not somebody else's version. Not their mom, dad, or third-grade teacher's version. I really want to build an ecosystem that will allow people to tap into their uniqueness and tap into their greatness so that they can live up to their optimal self! And I'm going to continue to use amazing tools like Guestio to spread the message and build that ecosystem.





Jessica

Model @starlightbarbieofficial.
Photographer Mike & Christina | @ohrangutang

“My favorite place to be in the world is at home with my family.”

Such an absolute honor to have you on feature FHM! What has your journey as a certified bombshell been like so far? My journey as a certified bombshell has been an adventure so far. There has been lots of joy coupled with real-life learning experiences. It started when I began building a modeling portfolio from the ground up all on TFP shoots. A few years later I am traveling to NYC each month and LA/ Miami every year for paid shoots. I get to bring my family along with me and make my modeling tours into a family vacation which feels like a double win. I've been told my whole life I should be a model and since a little girl have been reading fashion magazines and obsessed with styling. I'm glad I listened to my heart and realized I deserved this lifestyle.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Some things that motivate me to stay on top of my game are my children, seeing people live ordinary lives, my own experience working for other people, my passion for traveling and creating, financial abundance, financial security, the spiritual experiences I've had, freedom and having extra time to spend with my family. Naturally, I am a motivated person. I have always known that I wanted to achieve great things and live a fulfilling life. It is my reality today.

Top 3 best moments of your career? The top 3 best moments of my career are traveling to London for modeling and attending London Fashion Week Festival, traveling to LA and modeling in Joshua Tree and The Ragdoll Pink Palace, getting featured in FHM and Penthouse Magazine.

What is your favorite chill time activity? My favorite chill time activity is reading out of fashion magazines or spiritual literature with candles lit.

We are taking you out on your ultimate date and we really want to knock this one out of the ballpark, what would that entail? My ultimate date would be dinner on a hot air balloon over a gorgeous landscape with a live violinist playing romantic music.

What are, hands down, your absolute favorite things to do? My absolute favorite things to do are spend time with my fiancé and children, travel to different cities and countries, learn and practice new ways to move forward in life, read, dance ballet and hip hop, create mixed media artworks, sing, participate in spontaneous activities that are intuitively driven, be in love, have uplifting conversations about various topics, network with other talented individuals and be present in spiritual practices.

3 ultimate deal-breakers when it comes to men? Three ultimate deal-breakers when it comes to men are emotional unavailability, infidelity, and dishonesty.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? If I had one last chance to do something that I've always wanted to do with no limits I would travel to the fashion weeks in New York, London, Paris, and Milan. I would star in top designer's catwalks with my family in the front row watching me. My fiancé and children might even walk as well. We would then shop, eat, and sleep at luxurious places. We would attend contemporary art exhibitions on the trips. I would meet new talented models, agencies and artists who have a heart and values like myself. We would fly private to the shows and I could have an in-house nanny homeschooling my children during this time.

Where would you say is your favorite place to be in the world and why? My favorite place to be in the world is at home with my family because it's home and there exists a lot of love and comfort there.

What is currently playing on loop on your playlist? Currently playing on loop on my playlist is Dior by Pop Smoke. I love to exercise to his music. It gets me amped up.

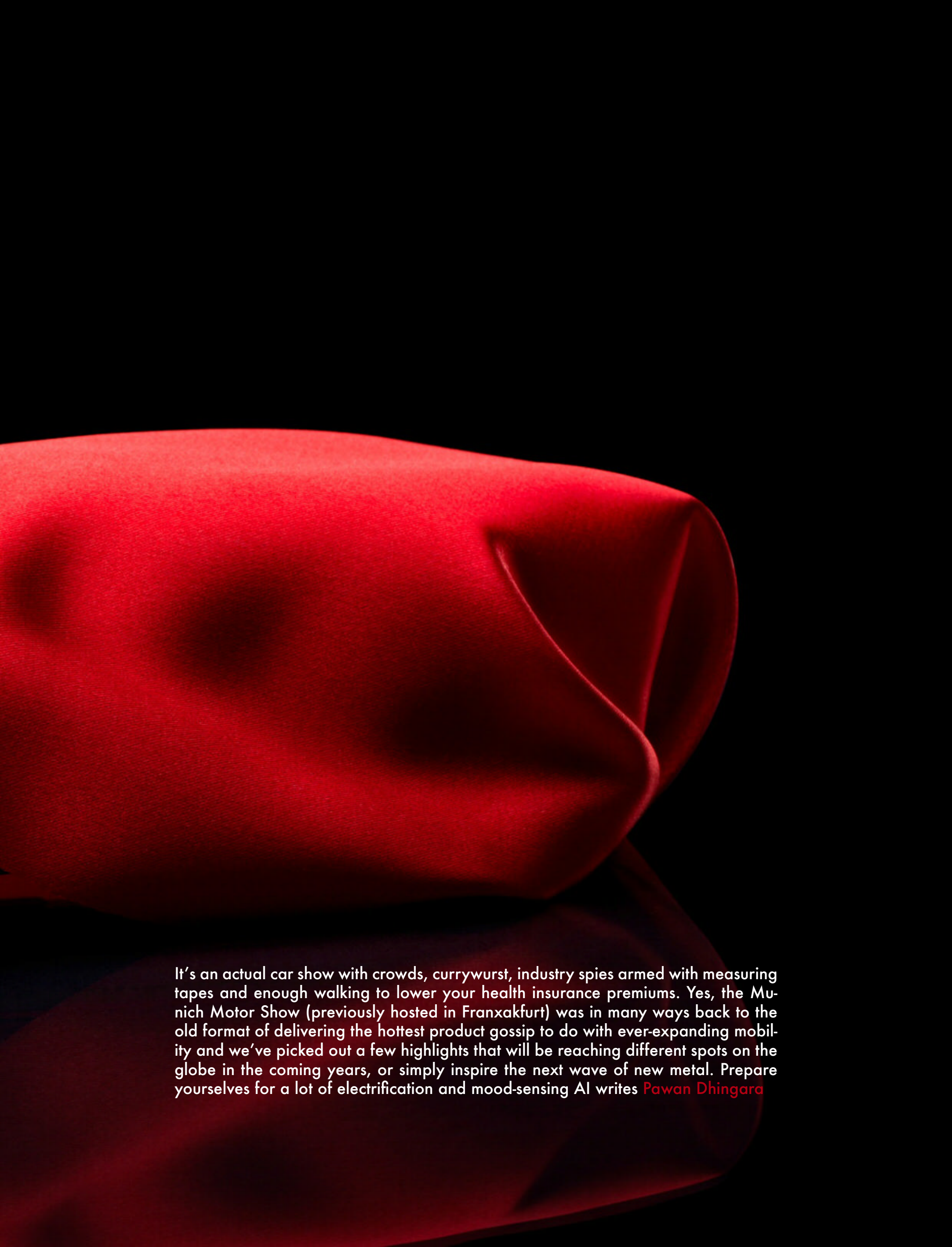
Where can our readers catch up with you and stay updated with your work? Readers can catch up with me and stay updated with my work by clicking on my Link Tree, starlightbarbieofficial which is the house of my website, OnlyFans, Free Only Fans and Patreon. Also, follow me on Instagram @starlightbarbieofficial.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Thank you for showing interest in me. I hope you keep cheering me on as I continue my journey as a model and artist. Much love! XO

MOTOR SHOWS!

MAKE A COMEBACK BABY!

Munich Motor Show confirms one thing:
The future of mobility is electric



It’s an actual car show with crowds, currywurst, industry spies armed with measuring tapes and enough walking to lower your health insurance premiums. Yes, the Munich Motor Show (previously hosted in Franxakfurt) was in many ways back to the old format of delivering the hottest product gossip to do with ever-expanding mobility and we’ve picked out a few highlights that will be reaching different spots on the globe in the coming years, or simply inspire the next wave of new metal. Prepare yourselves for a lot of electrification and mood-sensing AI writes Pawan Dhingara

Audi Grandsphere

As the name sort of implies, this is a grand car. It's long enough to dwarf an Audi A8 and has been described by Audi as 'a jet for the road.' Presumably a long wide road with some charging points along it. That's because it's fully electric – Quattro of course - with around 700hp and 708lb/ft and despite its size will still do 0-60mph in 4.2 seconds. That's actually the least impressive aspect of the car. All the information is displayed straight onto the dash which is also where the steering wheel and pedals will hide themselves at the push of a button, engaging Level 4 autonomy at the same time. This essentially turns the inside of the Grandsphere into an entertainment lounge and the dashboard transforms into a massive television, or can be used as a virtual conferencing center.

Another completely new next-gen feature is how the car will recognize you – its owner or someone with the right permissions – and open its suicide doors as you approach it. The Grandsphere will have parts of your day planned via the navigation and work out the most efficient places to stop for a lightning-quick 10-minute charge, which Audi says will still give you a 300-mile range.

Porsche Mission R

The Porsche Mission R looks like it should have been included in the latest Gran Turismo 7 trailer and we wouldn't bet against it appearing in the game as part of an early update. It's not designed for the road either, instead, it's part of a new electric race series that Porsche is busy cobbling together for its customers.

Being an EV means there are all sorts of ways of lowering the drag while still trying to achieve decent levels of downforce. A drag reduction system is part of the rhetoric and there's even a carbon fiber roll cage to reduce the weight. Once that range has run down after a 30 to 40min race stint, each team will rush into the pitlane armed with a 350kW charger that could see the cars back racing in about 15 minutes, or maybe less if their driver has done a bit of strategic battery saving.

Power is rumored to be over 1000hp and the car's weight pretty

reasonable at 1,65 tons. That gives it a power to weight ratio above that of a current Cayman S. And speaking of which, it's not hard to see this Mission R having a massive influence on the next Boxster and Cayman, both of which are widely expected to have some form of electrification. That would be so typical of Porsche; build a race car first and then figure out how to turn that into something for the road.

Mercedes EQG

Electrifying a Mercedes G-Wagon takes some balls. Not only are you tampering with one of the oldest formulas in motoring history, but electric powertrains haven't really been tested in extreme off-road environments – something that turned the G-Wagon into a formidable legend.

But whatever prejudices you may have, this EQG has real plans to enter production. Details are scarce following the motor show but we know it'll retain the same strong ladder frame chassis, only this time carrying a few hundred kilos of batteries and using air suspension to keep them at a safe height. We also know for certain that four electric motors will give the EQG four-wheel drive and quite possibly the sharpest torque distribution of any serious off-roader. That could come in handy when the instant wall of torque arrives the moment you touch the throttle. Apart from that, it's clearly trying to hold onto its battle-ready reputation and convert some of the most loyal fans in the industry away from big petrol guzzlers to the notion of cleaner performance.

BMW i-Vision Circular

Making this a clean sweep for German manufactures, and honoring the home of BMW, is the i-Vision Circular and excusing some of those initial -yuk- impressions is the fact that it will be made from 100% recyclable materials. Basically, it'll be like BMW's i3 dashboard from front to back and top to bottom. Even the rubber it rides on is sustainably sourced.

Inside there's a lot of 3D printed shapes including the steering wheel which is made out of wood dust and biomaterials. All the logos inside and out have been lasered onto their surfaces which is a nifty way of cutting back waste while looking cool. There's also not a hint of paint anywhere, although heat-treated surfaces and anodized bodywork certainly does a good job of creating an impression that there is.

This is really a phenomenal car once you understand it and providing you're already the type of person who sorts their household's glass from plastic into different bags. BMW even claims that the battery is 100% recyclable and we imagine that many of the parts will be quickly repurposed, possibly even for future BMW models. An endless circle of recyclable resources – hence the very clever name.

ART OF MOTION

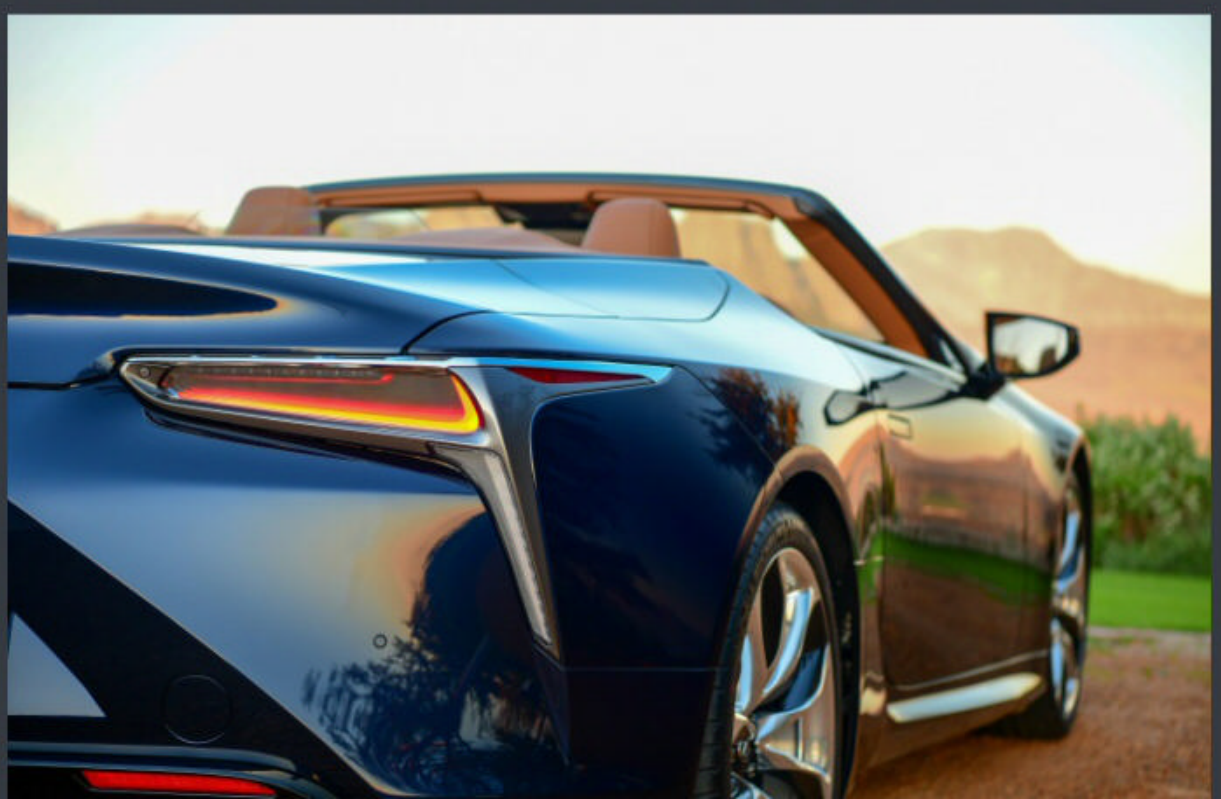
The Lexus LC500 masterpiece

Normally Aspirated V8s are a very rare sight nowadays. An engineering fossil that still evokes emotion like almost nothing else. Sadly they've been pushed out the back door in favor of smaller, cleaner engines that rely on turbocharging to fill the void in capacity. But before this turns into a forlorn monologue that nobody wants to hear, let's turn our attention to one of only a handful of 5.0-liter V8s left, the Lexus LC500.

Jaw-dropping beauty doesn't even begin to describe the LC500 which has been given the most discreet treatment along with a convertible option to refresh its appearance and market appeal. It's still in a unique category of cars; a blend between GT and sportscar filled with enormous amounts of luxury and everyday practicality. It's Lexus at its very best, a blazing comet of a car that tears the rulebook to shreds and illuminates the rest of the Lexus family which is becoming increasingly more orientated towards hybrid SUVs.

Let's make one thing clear, a convertible version has never felt or looked more right: Roof up or roof down! Lexus says the fabric is wrinkle-free and it certainly makes a big difference to the car's premium look, helped by a variety of color options. The roof opens and closes in about 15 seconds with the added benefit of saving weight and leaving some functional boot space when it's folded away.

Being the flagship of any model line-up is no longer a guarantee that it will come packed with the highest level of equipment included in the price. But Lexus has always done things differently and so the LC500, as with all their models, leaves nothing in reserve. A 13-speaker 918-watt Mark Levinson system suits the car's GT persona perfectly while the combined digital screen size of over 20-inches is a home office/entertainment experience that is feeling smoother and more refined - but does benefit



hugely from some initial setup time. Wind noise with the roof down is dulled thanks to technology like Active Noise Control as well as traditional methods like the wind deflector. And once you've switched on the seat warmers and heated steering wheel, this becomes a year-round convertible, missing none of the comforts of a closed GT sportscar.

Threading the LC500 down a narrow road still requires a fair amount of concentration and managing its wide hips can be intimidating. You're also having to massage the weight which works the tires and brakes a little harder when driven with wanton aggression. But that's not to say the latest LC500 hasn't evolved to be a slightly sharper tool than before; lighter forged aluminum is spread throughout the suspension while Lexus's Active Cornering Assist has been revised to really engage the sportier rear differential. The 5.0-liter V8 burbles away through a ten-speed auto, but can still be angered into a 0-60mph time of 4.7 seconds. It's not the most powerful normally aspirated V8 you can find – from the very few options choose from - but makes for a great cruiser down a stretch of coastline and comes with an amazing personality.

Some markets do have the option of a 3.5-liter V6 hybrid which gets you the same look and cabin features as well as a GT that claims to care more about the environment around it. It's about the only choice you need to make; the rest is simply love at first sight.

Pawan Dhingara

HURACAN'S LAST HOORAH?

With a replacement close by, Lamborghini has gone all out

If the Lamborghini Huracan Performante and Lamborghini Huracan Evo had a baby, and sent that baby to the gym, you might just be about halfway to having this, the Lamborghini Huracan STO ((Super Trofeo Omologata). That abbreviation is significant because it derives its name from Lamborghini's one-make series that races across three continents and has been doing so for more than a decade. Even by Lamborghini's own admission, this latest Huracan STO favors the track more than the road. The Huracan STO could also be the last hoorah for the Huracan shape and drivetrain as we know it with rumors circling that its replacement could be due in 2022, featuring among other things a hybrid powertrain.

With nothing but a relatively old chassis, the engineers had to get creative. Well, actually they just had to glance over at their Super Trofeo cars for inspiration. True to form the Huracan STO ditches the all-wheel-drive setup for a lighter rear-wheel drive, but this time with rear-wheel steering. Lamborghini says that a thinner front windscreen, carbon panels and magnesium wheels creates an overall saving of 95 pounds, which at this point might make you wonder if the net gain is actually worth the loss in traction...

But in the absence of mechanical grip, Lamborghini has dialled up the aero in a really beautiful and aggressive way. The rear wing doesn't use the Performante's sophisticated ALA technology, which was quite the revelation in its day, but instead returns to a more conventional, manually adjustable rear wing. There's also a roof scoop but it's not helping the 5.2-liter V10 suck in more cold air, which at this level of competition seems like a missed opportunity especially since the rest of the bodywork has been designed to achieve better cooling flow.

So why is Lamborghini saying it's more suited to the track when it's got precisely the same power and the interior isn't a mesh of roll cages and 4-point harnesses? It's really in the details; new Brembo

brakes give you more fast laps and fewer cooldown laps, new anti-roll bars really shine in this rear-wheel-drive setup and the dampers have even finer tolerances than before. It all results in a package that feels as sharp as it looks and uses its howling V10 to carve through the air.

Lamborghini wasn't about to design a bespoke interior this close to the end of the Huracan's lifespan, meaning that there are still the same digital screens but you can have the option of full onboard telemetry which you'll need if you're out in pitlane manually adjusting the rear wing and wanting to know the effect it has And the view out and down the flanks is even more restricted than it was before, which is oddly satisfying in a typical supercar sort of way.

Numbers of the Huracan STO are not being limited at this point but with a replacement imminent we wouldn't want to wait too long before getting our order in. And one final thought for the 5.2-liter V10... it's still a masterpiece and if this is to be the final swansong for the Huracan, then the STO version does a mighty fine job of celebrating it.

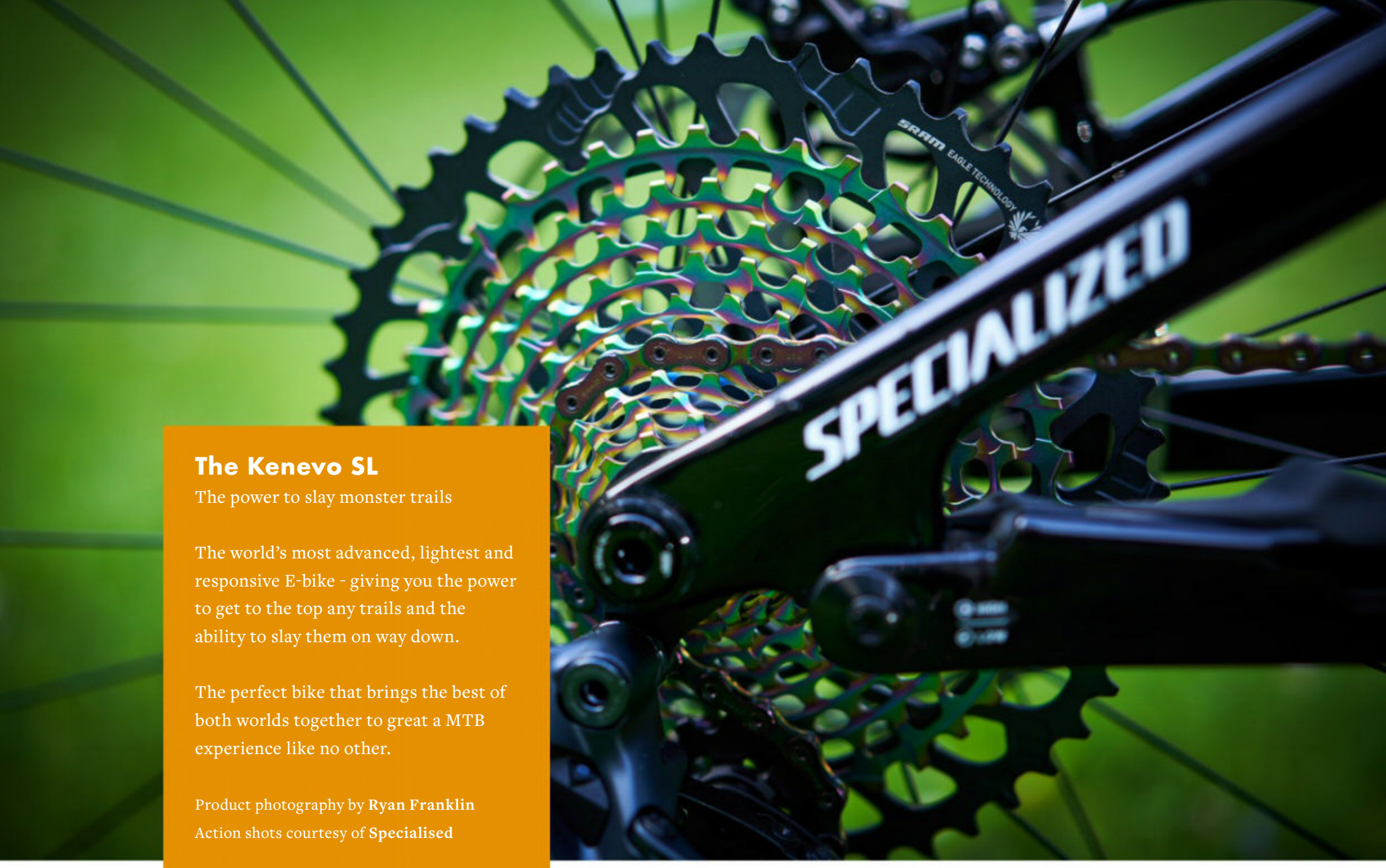
Pawan Dhingara

FASTHOUSE
BUTCHER
FOX

BRO E-BIKES *Are* BADASS

The Future is here and it sure rides good!

By Ryan Franklin



The Kenevo SL

The power to slay monster trails

The world's most advanced, lightest and responsive E-bike - giving you the power to get to the top any trails and the ability to slay them on way down.

The perfect bike that brings the best of both worlds together to great a MTB experience like no other.

Product photography by **Ryan Franklin**
Action shots courtesy of **Specialised**

E-bikes have been a topic of conversation in the cycling community for more than half a century and love them or hate them they seem to be here to stay.

First thing first: What is an E MTB bike? Is it a bicycle, is it a motorbike? A modern E MTB bike is designed as a traditional MTB with an integrated battery and electric motor to pedal-assist the rider up to four times the power they are putting through the pedals. There are different modes and functions to change the amount of peddle assistance or watts you expend; Eco for a 'little extra' to keep you going, Trail to keep both you and the bike working at a healthy rate and then Turbo for those steep hills, technical climbs or any situation that calls for max power!

So, are Ebikes the future?
A recent Forbes article suggested that since the pandemic E-bike sales are up to 23% with sales set to grow from 3.7 Million to 17 Million by 2030. With the cycling community hooked on Ebikes, supply seems to be the greatest issue, with retailers out of stock globally and waiting lists stretching upwards of 1 year. It seems an Ebike is the new must-have item for the outdoor fitness community.

E MTBs were controversial, to say the least, when they first came out. Objections were aimed at the many technical faults, crude power delivery and not hitting the right note with the established mountain bike scene. Such things as "I would never ride a E-bike" could be heard by many an influential MTB rider on the trails as a loud, clumsy Ebike whizzed past them. A couple of years on and all major brands have a top-end bike offerings for the market and most MTB Pros, influencers and industry leaders are on board with the fact that getting up the hill faster = more trails = more time on the bike = MORE FUN!

But is the fixation on power, watts and getting up the hill as fast as possible all the counts when it comes to having the perfect bike? It seems not, with a lot of persistent criticism towards E-bikes fixating on the weight of the bike and the cumbersome performance overriding the ability to truly enjoy the more technical side of MTB riding. So how do you blend the much-needed pedal-assist to blast up the hills, with the agile, exciting and fully immersive MTB experience that technical Enduro and Downhill riders crave?

Enter the Specialized Kenevo SL - the most progressive and sophisticated gravity-orientated Ebike on the market. At under 20kg, this bike combines effective peddle-assist with 170cm progressive suspension to let you slay monster trails over and over again!

I've ridden almost every E-bike out there but I'm still a huge fan or a traditional "analog bikes" due to their lightweight agile nature on the technical trails that keep the bike so

maneuverable! I've always appreciated how E-bikes could get me up the hill faster and how they could turn my 1-hour ride into 4 laps of my favorite trails instead of 1 or 2 but I always felt like a bit of a passenger on the 25kg + bests - Being the master of the bike was always a bit of a challenge on the downhills and I was often reduced to feeling like I was riding a rocking horse down the more wild trails. On the Kevevo SL it's a whole new ball game - I can bunny hop, manual, and do "cutties" just like on my regular enduro bike. The experience of riding downhill is just as good if not on my regular bike. It's everything I enjoy about riding aggressive mountain bikes but this time I can get up the hills in half the time to just have more time on the bike! I would recommend this bike to any MTB purist with confidence. Yes, of course, the big 700 Watt, 90 Mn motored biked will whizz past the SL on the way up but for most, it's about the way down and that's where the SL had the edge. I've been riding the SL for 4 months on some really technical trails with steep climbs and gnarly descents and the 1:1 motor has provided me with all the assistance I needed to power up climb after climb, a "full power" ebikers I ride with did beat me to the top but they only got there a few minutes before me and looked very jealous when they saw me disappearing away from them over all the jumps and stumps on the downhills. I'm sold the SL is the best of both worlds and the perfect all in one bike - thinking of selling the rest of my fleet seeing I have one that can do it all and well!

Let's get technical and take a look and the super smooth super-intelligent power delivery system that sets this bike apart from everything else out there and makes it the riding experience that's changing the game of extreme MTB E biking.

Tech Specs on the Kevenvo SL
Power up to trail riding's next level with the Kenevo Super Light and rip the biggest trails like never before. Created by trail riders for trail riders, KenevoSL is an e-MTB in a class by itself—a previously unattainable combination of lightweight, responsiveness, and capability. Ultra-responsive handling and big mountain capability merge with the benefits of our Turbo Super Light system, enabling you to overcome the trail monsters that have been your nemeses until now. Flow up, over, and through the biggest trails in ways that were previously impossible. Intuitively delivering up to 240 watts of power and 35 Nm of torque, our TurboSuper Light system puts an emphatic "E" in our award-winning Enduro, delivering more of what you want from your trail ride. More power to climb. More pop when you need it. More capability everywhere. More laps. More jumps.More drops. More stoke. And it does this with less. Weighing in at just four kilos more than the Enduro and around five and a half kilos less than the Full Power Kenevo, the KenevoSuper

Light is a featherweight e-MTB that redefines big mountain performance.

MasterMind Turbo Control Unit

The MasterMind Turbo Control Unit (TCU) is the "brain" of the Kenevo Super Light. This is the hardware and software that controls how the motor, battery, bike, and you interact. It allows real-time support tuning while riding, and it displays all relevant data about your bike and ride. The MasterMind TCU also enables over-the-air updates so that as new features and functionality come online, your bike will get even better over time. Finally, MasterMind seamlessly integrates with the Mission Control app for advanced tuning, on-trail diagnostics, and more.

The following is a rundown of the out-of-the-box functionality:

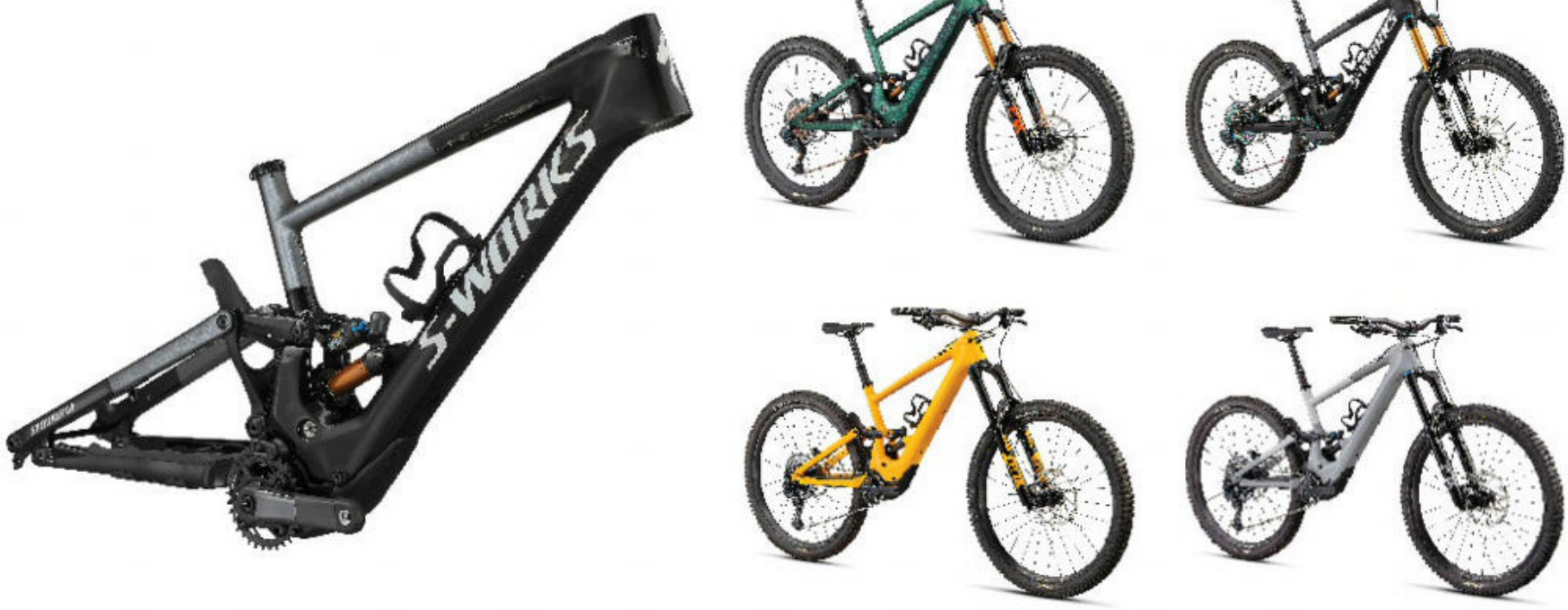
- Over-the-air updates ensure Kenevo Super Light gets better over time
- MasterMind TCU displays charge as an easy-to-read percentage
- MicroTune feature allows on-the-fly adjustment of peak power and support levels in 10% increments
- Personalization of display arrangement (4 choices) and 30 possible data values
- Clock
- "Live Consumption" teaches you how to pedal efficiently by displaying real-time miles (or kilometers) per watt-hour
- Rider Power Value display allows you to see the power you're putting into the bike
- Heart rate pairing capability to take your training to the next level
- Precision elevation tracking

Specs and build quality:

Our review bike is the top of the range "S works " edition, with some of the latest and greatest components that the MTB industry has to offer. A full Monocoque Carbon fiber frame, electronic shifting and dropper seat post from components giant Sram, race-tuned suspension from Fox, Carbon fiber wheelset.... the list goes on and on - it would be a real challenge to upgrade this bike in any way.

On and off the trails, it's a real show stopper! The carbon frame and integrated motor and battery system are seamless and absolutely sublime, the clear gloss paint job lets you admire the beautiful 11mm carbon fiber that provides this bike with its lightweight yet sturdy backbone. If you're planning on a ride of epic proportions, Specialized even has a range extender in the form of a little battery pod that fits into your water bottle holder, providing you with 50% extra battery capacity to the integrated 320 Wh battery.

All this tech and top-end components doesn't come cheap and the Kenevo SL Sworks comes with a price tag of $15 000



USD, but in a time where health is wealth and people are more concerned about your face covering than your Rolex, we can't think of a better way to treat yourself to the ultimate fun machine the bike industry has to offer!
See full build specs:

Technical Specifications

COCKPIT

Stem
Deity, 35.0mm

Handlebars
Roval Traverse SL Carbon, riser bar, 6-degree upsweep, 8-degree backsweep, 30mm rise, 800mm, 35.0mm

Grips
Deity, Knuckleduster, Black

Saddle
Bridge, 155/143mm, Hollow Ti-rails

SeatPost
RockShox Reverb AXS, 30.9mm, S2: 125mm, S3: 150mm, S4/S5: 170mm

BRAKES

Front Brake
SRAM Code RSC, 4-piston caliper, hydraulic disc, 220mm

Rear Brake
SRAM Code RSC, 4-piston caliper, hydraulic disc, 200mm

DRIVETRAIN

Rear Derailleur
SRAM XX1 Eagle AXS

Cassette
SRAM XG-1299 Eagle, 10-52t

Chain
SRAM XX1, 12 speed

Shift Levers
SRAM Eagle AXS Rocker Paddle

Crankset
Praxis Carbon M30, custom offset

Chainrings
SRAM X-Sync Eagle, 94 BCD, 32T, alloy

WHEELS

Front Wheel
Traverse SL 29

Rear Wheel
Traverse SL 29

Front Tire
Butcher Grid Trail T9 29x2.3"

Inner Tubes
Standard, Presta valve

Rear Tire
Butcher Grid Trail T7 29 x 2.3"

E-BIKE

Motor
Specialized SL 1.1, custom lightweight motor

Battery
Specialized SL1-320, fully integrated, 320Wh

Charger
Custom charger, 48V System w/ SL system charger plug

UI/Remote
Specialized MasterMind TCU, ANT+/ Bluetooth®, w/Handlebar remote

Wiring Harness
Custom Specialized wiring harness

FRAMESET

Frame
FACT 11m full carbon, 29", full internal cable routing, 148mm spacing, fully sealed cartridge bearings, 170mm rear travel, geo adjust head tube, geo adjust horst pivot

Fork
FOX FLOAT 38 Factory 29, Grip2 damper, 44mm offset, HSC, LSC, HSR, LSR, 110x15mm, 1.5" tapered steerer, 170mm travel, Kashima

Seat Binder
Alloy, 38.6mm

Rear Shock
FOX FLOAT X2 Factory, LSC, LSR, 2-position lever, 62.5x230mm, Kashima

Tamasine

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From Worldwide Runways, leading magazine publications including Vogue for Celebrity Fashion Designer Michael Lombard along with an eight-page feature in Playboy last year, to venturing into acting and recently being signed as an Angel by Super Car Angels to drive luxury cars around the world, this lady is not just a pretty face from the Emerald Isle she has also successfully managed her own beauty and now aesthetics business whilst globetrotting the world.

“My biggest motivation encouraging other people to achieve their dreams”

Such an absolute honor to have you feature on FHM! What has your journey as a certified bombshell been like so far? Thank you so much it's an honor to be featured in FHM! My journey so far has been amazing I am so thankful for the experiences that have come my way and the people I've met.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? My biggest motivation is to encourage other people that they can achieve their dreams no matter how big or small they are. As well as keeping myself well-grounded but also pushing myself to achieve more.

Top 3 best moments of your career? It's so hard to pick there have been so many! I'd say being published in Playboy last year along with being published in Vogue for Celebrity Fashion Designer Michael Lombard and now most recently extending my work to Dubai along with starring in the new Cinderella Film.

What is your favorite chill time activity? My favorite chill activity has to be spa days or chilling on the beach.

We are taking you out on your ultimate date and we really want to knock this one out of the ballpark, what would that entail? The perfect date would be flying to a secluded beach with a candlelit dinner under the stars, dancing and watching the sunrise.

What are, hands down, your absolute favorite things to do? My absolute favorite things to do are traveling, runways, pole dancing & aerial hoop.

3 ultimate deal-breakers when it comes to men? Players, liars, and cheats.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? Presenting a new TV show or staring in a film and getting to do my own stunts.

Where would you say is your favourite place to be in the world and why? I have two now after my trip to Dubai, I absolutely loved it there and found it quite chill and so clean and safe and the people were so lovely, the other place I love is Ibiza for the wild side in me!

What is currently playing on loop on your playlist? Normani - wild side ft Cardi B.

Where can our readers catch up with you and stay updated with your work? My IG @tamasineinternational_model or Tik Tok tamasineint_model.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Dream big and believe in yourself, treat all others with the same respect you would like, and it will carry you far in life.

"I AM ALWAYS UP FOR A GOOD CHALLENGE, ESPECIALLY WHEN IT COMES TO LIFTING PEOPLE'S SPIRITS."

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MR *Feel* GOOD

Why positive vibes and good music is all we need!

If there is one thing that can bring this world together, it's music. And not just any type of music, but music that gets us feeling good and feeling empowered to make a difference and come together with people of all sorts of backgrounds/lives.

Semaj The Poet, a rising artist in the United States, has music that does just this. And beyond just the music, the guy is taking over social media - he's a TikTok star - and he sat down with FHM to talk about the importance of social media, his fitness routine, dating and how the pandemic has changed the music scene worldwide. We all need some good music, good vibes and good times!

Why does our society need "feel good" music now more than ever? The world is so undecided on so many issues right now, I wanted to make music that could bring people together. No matter what background they are from or how old they may be can feel the effects of a groovy baseline.

When putting together a new track, what is your creative process? I always start with the melody. Melody is what moves the soul, once I write a melody the words always are close behind. I always imagine my mother dancing to it in heaven and how she would feel about the song. And the movement of it all.

How has the pandemic helped you as an artist? Is this a trick question?! Lol, it hasn't, haha! No, but seriously, I have always been a glass-half-full kind of guy. Life is full of winters and summers. The shutdowns and quarantines really made me take a step back and gain a deeper appreciation for my family and the life I am building for myself and those I love. It made me realize that I took a lot of things for granted, even just the simple things like being able to communicate with each other without risks or just being outside and seeing other human beings. Even though live performances are coming back, they have changed in so many ways, even from the artist's perspective. It's a completely different world now, which is very challenging, but as a creative person, I am always up for a good challenge, especially when it comes to lifting people's spirits and injecting those feel-good vibes throughout the crowd.

How important is social media these days for new artists? Social media is your business card, point blank period. The days of just being talented are long gone. You have to have a strong social media presence. I preach no sacrifice, no blessing to my team day in and day out. It's not only about doing the fun things it's about doing the things that SUCK and realizing it's all part of the journey. You must find a balance between your art, the business aspect, and being an independent artist. Social media is the most powerful marketing tool available right now.

What tips can you give songwriters and singers on "creating a hit"? I always try to write memorable heartfelt melodies and lyrics that say something outlandish but not crazy lol. Never write about something you don't really like. Artists make the mistake of working with people just because they are friends or a good look, not necessarily because they are talented or personally believe in their craft. Try not to fall into that trap, it will not serve you well at all in the long run. Go with your heart, soul, and mind.

What tips can you give to those wanting to date a music man? Dating me is pretty much like having someone from every nation in the avatar universe, rolled into one, for better or worse. There is going to be fire, water, earth, and air. As far as dating a person in the music business, remember to be their friend and not just their fan. Tell them the truth about themselves and support them relentlessly. Stay true to who you are and don't get lost in the vanity of the lifestyle. It's going to be a wild ride but it will be worth it.

You are also in great shape... What is your fitness routine like? Any go-to meals? I am up at 4:30 am and at the gym by 5 am six days a week. On average, I do 2500 sit-ups a day, 500 pushups, 200 squats, and 30 minutes of cardio. I also incorporate long-distance running and HIIT workouts in addition to my standard workout routine. I like to say I have an anime complex. All of my heroes are anime characters and they all train like crazy, so that's what I do. I also fast 20 hours a day so I don't eat much, and I stay

busy building my empire. I know I sound like a crazy man but all the best people had a twinge of madness.

What is one item you never leave home without? I think the obvious answer is my phone. Nope, it's pants! Actually, it's my headphones! I'm always writing music. I walk outside my house and pace in circles for hours, barefoot, with my headphones on, just writing and writing trying to get the song to sound right. I also love gum and sour candy. Yes to all the sour candy... bring me candy at my shows! Haha...

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